INDEPENDENT
CANADIAN
Issue 252
July 2012

common ground

FREE MAGAZINE

Ta'Kaiya Blaney
protecting our waters
at Earth Summit

Veterans against war
lay a wreath for peace

The Peace Symbol

Pipeline economics

Ethical Kitchen

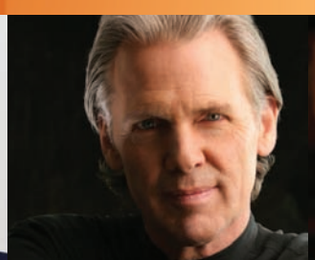
David Suzuki
Bill C-38 guts
environmental laws

Walk peace into your everyday.

Education. Experience. Enlightenment.
...for everyone

More than a conference, visit the SEED Cafe and peruse the SEED Tradeshow & Market featuring Vancouver's best services, products & organizations in total wellbeing.

Gerald Celente
The Future of Life as We Know It



Jeffrey Armstrong
Ancient Wisdom: The Gateway to Modern Success

Deepak Chopra
The Future of Wellbeing

David Wolfe
Living Nutrition

Karen McGregor
Love is the Answer to Purpose

Adam McLeod (Dreamhealer)
Unlocking Unlimited Human Potential

ALL DAY PASS
Student/Senior $99
Adult $149 - Use code PEACE and save $20
Limited VIP & Reserved Seating Available
+ Applicable tax and service charges

The Seed Event
Vancouver 2012

Saturday October 13, 2012

The PNE Forum | Vancouver BC

www.seedevent.org

Sponsors

Paradise Valley Wellness Centre
BUSINESS VANCOUVER
VIRALNETWORK INC
common ground
BANYEN books & sound
indianlife
Eternal Abundance
CLR CONSCIOUS LIVING RADIO
Zoppa Media Group
VANCOUVER VIEW

The Seed Event proudly supports

ODD Squad
uEnd.org
RAINCOAST CONSERVATION FOUNDATION

WHICH WOULD YOU RATHER EAT?

EAT BETTER. EAT ORGANIC.

NATURE'S FARE MARKETS

Nature's Fare Markets | Kamloops Kelowna Langley Penticton Vernon West Kelowna

Live well. Live Organic. www.naturesfare.com

LOCAL · ORGANIC · BISTRO · PRODUCE · GROCERY · VITAMINS · SUPPLEMENTS · BEAUTY · HOUSEHOLD

Feel the Joy
of Renewed Health
Team up with A+ Oil of Oregano
because the best defense is a good offense
Certified Organic Wild Mediterranean Oregano
JOY of the MOUNTAINS
Oil of Oregano
Huile d'Origan
Vitamin A in Organic Oregano Oil
Vitamine A dans Huile d'Origan Biologique
Wild Mediterranean
Sauvage Méditerranéen
NPN 80024024 30 ml
A+
Helps to maintain immune function and good health.

common ground

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales -Adam Sealey, Alastair Gregor, Phil Watson
Design & Production - www.perubluesky.ca
Proofing - Anthony Prosk
Special Events Coordinator - Alastair Gregor

Contributors:
Robyn Allan, Robert Alstead, Ta'Kaiya Blaney, Alan Cassels, Woody Coward, Gordon Edwards, Stephanie Goodwin, Alastair Gregor, Carolyn Herriot, David Laskey, Mac McLaughlin, Vesanto Melina, Geoff Olson, Gwen Randall-Young, Lucy Sharratt, David Suzuki, Eckhart Tolle

Sales - Head office 604-733-2215
toll-free 1-800-365-8897

Contact Common Ground:
Phone: **604-733-2215**
Fax: 604-733-4415
Advertising: adam@commonground.ca
philwatson.cg@gmail.com
alastair@commonground.ca
Editorial: editor@commonground.ca

Common Ground Publishing Corp.
204-4381 Fraser St.
Vancouver, BC V5V 4G4 Canada

100% owned and operated by Canadians.
Published 12 times a year in Canada.

Publications Mail Agreement No. 40011171
Return undeliverable Canadian addresses to
Circulation Dept. 204-4381 Fraser St.
Vancouver, BC V5V 4G4
ISSN No. 0824-0698

Copies printed: 72,000
Over 250,000 readers per issue
Survey shows 3 to 4 readers/copy
Plus online at www.commonground.ca

Annual subscription is $60 (US$60) for one year (12 issues). Single issues are $6 (specify issue #). Payable by cheque, Visa, MasterCard, Interac or money order.

Printed on recycled paper with vegetable inks. All contents copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from Common Ground. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

www.commonground.ca

features

5 **Dr. Rosalie Bertell in memorium**
Dr. Gordon Edwards

7 **Taking the bite out of GM apples**
Lucy Sharratt

10 **Cholesterol drugs: what you don't know *can* hurt you**
Alan Cassels

20 **Walk for Peace presentation**
Woody Coward

21 **Birth of the peace symbol**

22 **Ta'Kaiya Blaney a powerful voice for change**
Stephanie Goodwin

26 **Algorithms from wartime to Wall Street**
Geoff Olson

28 **Northern Gateway Pipeline economics**
Robyn Allan

Featured on our cover this month, and on page 22, is Ta'Kaiya Blaney, an 11-year-old activist from North Vancouver who is passionate about stopping the Enbridge Pipeline. Ta'Kaiya is from the Sliammon First Nation and her name means "special waters." She wrote her song *Shallow Waters* to help protect BC's waters and to stop pipelines and oil supertankers. Hear her song at http://www.youtube.com/watch?v=LkjIkuC_eWM Ta'Kaiya recently took part in the Rio Earth Summit in Brazil (see photo on page 28).
www.takaiyablaney.com
Cover photo courtesy of Greenpeace.

columns

CULTURE

38 Something old, something new
FILMS WORTH WATCHING
Robert Alstead

ENVIRONMENT

16 Environmental laws gutted
SCIENCE MATTERS
David Suzuki

FOOD

12 Ethical Kitchen
GOOD EATS La Dolce Vita
Alastair Gregor

HEALTH

15 Community digs
NUTRISPEAK
Vesanto Melina

ORGANICS

14 Plan for winter vegetables
ON THE GARDEN PATH
Carolyn Herriot

SPIRITUALITY

23 When life hurts
UNIVERSE WITHIN
Gwen Randall-Young

24 Good and bad
A NEW EARTH
Eckhart Tolle

9 NEW FOR YOUR HEALTH
18 STAR WISE
29 RESOURCE DIRECTORY
36 DATEBOOK
37 CLASSIFIED

ethics in action awards
Good Environmental Choice
HANS
CHFA Canadian Health Food Association Voice of the Natural Products Industry
Canada
TLC The Land Conservancy BRITISH COLUMBIA'S "NATIONAL TRUST"

Dr. Gordon Edwards

Dr. Rosalie Bertell

World loses renowned environmental researcher

On June 14, 2012, we lost a giant with the passing of Sister Rosalie Bertell, Ph.D., an internationally recognized environmental epidemiologist, cancer researcher and public health advocate. She was 83.

I knew of Rosalie Bertell's work at the Roswell Park Memorial Institute where she first gained invaluable insights into the manner in which ionizing low-level radiation degrades health and impairs the intelligence of very young children. I was lucky enough to accompany Rosalie on a trip to Korea to visit the communities where the CANDU nuclear reactors are located. I witnessed first-hand her compassionate heart and her scientific mind working in seamless harmony.

> Rosalie saw that science must be at the service of humanity and that scientific language has to be demystified.

She was a trailblazer in the practice of science and mathematics in the public interest, something the human community sorely needs if we are to survive our own technologies. She travelled the globe, researching and advising ways of dealing with chemical and nuclear hazards until shortly before her death. She authored more than 100 articles and two books: *No Immediate Danger* (1985) and *Planet Earth: The Latest Weapon of War* (2000).

It is pitiful to see scientists and engineers allowing themselves to be shackled in jobs where their conscience is anaesthetized, their voices stilled and their actions severely limited because they have sold their services to a corporation, a government agency or a military establishment.

Rosalie saw that science must be at the service of humanity and that scientific language has to be demystified so we can all understand the magnitude of the stakes and the enormity of what we are doing to Earth's living systems. Scientific thought devoid of compassion, concern and action – for the good of humanity and all life on Earth – is not only sterile, but rapidly becomes enormously destructive.

May Rosalie rest in peace, but may her spirit remain very much alive and active in the world, because we need it – we need her – so much.

Dr. Gordon Edwards is President and co-founder of Canadian Coalition for Nuclear Responsibility. He is qualified as a nuclear expert by courts in Canada and in 2006 he received the Nuclear-free Future Award in the category of Education. www.ccnr.org

Introducing Bare™ by Solo® – the first line of eco-forward™ tableware created with environmentally preferable materials, like sugarcane or other plant-based renewable materials, to bring strength, style and simplicity to your life.

© 2010 Solo Cup Operating Corporation

www.solocanada.com

SOLO®
Inspired by real life.™
SOLO CUP CANADA

Taking the bite out of GM apples

A small BC company called Okanagan Specialty Fruits (OSF) has developed a genetically modified apple that will not turn brown when it is cut, even though 10 years ago, the genetically engineered (or genetically modified, GM) "non-browning" apple was actually driven out of Canada when BC apple growers successfully stopped planned field trials at a local government research station. Nonetheless, the company has now asked Health Canada and the Canadian Food Inspection Agency (CFIA) for approval.

When apple flesh is cut and exposed to oxygen, it begins to brown. But the GM apple or "Arctic Apple," as the company calls it, "will decay naturally just like any other apple, but it will not turn brown from bruising, cutting or biting – not in minutes, hours or days." In fact, the company president has told reporters the GM apple will not brown for 15 to 18 days.

But browning in fruit is not a problem; on the contrary, it's helpful information. Without this visual cue for freshness, we could be eating apple pieces that are old and decaying. Non-browning is a cosmetic change that consumers have not asked for, especially as we already have techniques that slow browning – in our kitchens, we use lemon juice and the food service industry uses ascorbic acid (vitamin C).

OSF is asking for approval to sell two varieties of genetically engineered apples: GM Golden Delicious and GM Granny Smith, but president Neal Carter also says, "Our Arctic program isn't going to stop with golden and the granny; those are just the first out of the pipe." In fact, OSF says they are planning to engineer Gala and Fuji apples and also lists "future products" that include cherries and pears with the same non-browning technology.

BC apple growers reject the GM apple

BC and Washington apple growers, both conventional and organic, have already rejected the GM "non-browning" apple and opposition from orchardists has not wavered for over 10 years. The BC Fruit Growers Association opposes the GM apple and early last year the Washington-based Northwest Horticultural Council asked the U.S. Department of Agriculture to stop the GM apple, saying, "The projected commercial benefits of a nonbrowning apple (which we feel are limited) are clearly outweighed by the marketing problems that the entire United States apple industry would confront." Okanagan organic orchardist Linda Edwards says, "At best, market awareness that genetically engineered orchards existed in our area would necessitate expensive testing. At worst, it would be loss of market share to areas where the possibility of this contamination could not occur."

While OSF insists that GM pollen flow will not happen, orchardists like Edwards say, "There is no question that contamination of non-genetically engineered fruit would occur." The bees that pollinate apple trees can travel a minimum of four miles and while there are factors that can limit pollen spread, they cannot eliminate the risk.

Additionally, if the federal government allows the GM apple onto the market, apple seeds from GM trees and from the contaminated fruit from non-GM trees could pose a contamination risk. If fruit on non-GM trees is pollinated with GM apple pollen, it's the seed that would contain the patented new gene sequences. Apple trees are propagated by grafting because apple seeds seldom create equal or better apples than the parent, but apple seeds can germinate. To illustrate the risk, Harry Burton, who grows over 120 varieties of organic apples on Salt Spring Island, points out that the apple called Poppy's Wonder was created when a Cox apple seed was thrown in a compost pile in Victoria, BC. Ironically, the BC Ambrosia apple, which *continued pg.8...*

Train for a Career as a Certified Nutritional Practitioner!

Earn a Diploma in Applied Holistic Nutrition

The Institute of Holistic Nutrition™

"The industry leader in training nutrition professionals"

vancouver@instituteofholisticnutrition.com

- Achieve the accreditation of a Certified Nutritional Practitioner (CNP)
- Professional Co-Op Placement
- Full & Part-time programs
- Fully qualify for the professional designation of Registered Orthomolecular Health Practitioner (ROHP/RNCP)

Next Semester Begins September 2012

For course inquiries & appointments, please call: (604) 558-4000

604 West Broadway Suite #300, Vancouver BC

Conveniently located just one block west of the Cambie and Broadway sky-train station!

www.instituteofholisticnutrition.com

...*Apples* *from p.7*

happens to be a naturally slow-browning apple, was a chance seedling found growing in Keremeos, BC.

The GM apple is designed for the fast food market where freshness is an obstacle to getting packaged slices of apple to customers across North America. Genetically engineering apples to not brown "is an indication of our distancing from nature" says Harry Burton. Yukon farmer Tom Rudge, chair of the Slow Food Whitehorse convivium, agrees. Rudge was appalled by a small plastic bag of apple slices in his recent Ottawa hotel breakfast: "We should eat real food instead of genetically engineering an apple so companies can slice it, wrap it in plastic and truck it across the country," he says, adding, "Apples are already the perfect, healthy fast food. The proposed GM apple shows how unhealthy and wasteful our food system is."

Huguette Allen of the Okanagan group Bee SAFE says, "Sweet, juicy and crunchy, they come with their own protective wrapper and if you throw away the core, it decomposes instead of adding to the landfill."

OSF says the US could approve the GM apple this year and by 2014 it could be on sale in Canada. While our government has set up regulation to approve GM foods quickly and quietly, without any consideration of the impact on farmers and consumers, the GM apple and proposed GM alfalfa are putting this system to the test. While the federal government ignores the negative effects on farmers, local and regional governments cannot. On May 28, the City of Richmond just south of Vancouver, unanimously passed a resolution that states, "No further GM crops, trees or plants should be grown in the City of Richmond. This also includes GM fruit trees, all GM plants and shrubbery, GM vegetables, GM commodity crops and any and all field tests for medical and experimental GM crops."

The resolution, one of at least six similar decisions in BC communities, was the result of over two years of dedicated work by local co-organizers. On June 10, the Board of the Regional District of Okanagan-Similkameen also unanimously adopted a motion to ask the federal government to reject the GM Apple. As Board member Allan Patton reportedly said at the meeting, "Vote in favour of (the motion) or give the finger to the organic growers and the commercial grower."

Lucy Sharratt is the coordinator for the Canadian Biotechnology Action Network (CBAN) www.cban.ca

Empower yourself. Inspire others.

HOLISTIC HEALTH CAREER TRAINING

Discover a unique approach to optimal health and happiness.

Experienced faculty integrate western medical knowledge with the wisdom of the east. From self-healing practices to entrepreneurship, Langara offers specialized holistic health programs designed to empower you as a certified practitioner.

Certificate programs include:

- Spa Therapy & Holistic Massage
- Shiatsu Therapy
- Holistic Image & Style Advisor
- Expressive Arts Therapy
- Cranial Sacral Therapy
- Advanced Integrative Energy Healing
- Yoga Teacher Training
- Advanced Yoga Teacher Training

Join this growing movement. Info Session: August 22
604.323.5926 | www.langara.bc.ca/hhs

Langara.
THE COLLEGE OF HIGHER LEARNING.

New for Your Health

Earthing Premium Starter Kit

This value-priced kit includes two of the most popular Earthing products, making it convenient to connect to the Earth's energy while working, relaxing or sleeping. The Universal Half Sheet is 100% cotton and works with all mattresses. The silver thread ensures you are grounded and in contact with the Earth while you sleep. The Universal Mat can be used standing or sitting. Both products bring the Earth's nurturing energy indoors and act as 'barefoot substitutes.' Kit includes cords and testers. **www.EarthingSolutions.ca, 1-800-870-4248.**

Real Food Preserved Naturally

Abeego Giant Flats fit into every kitchen on a grand scale. Use these beeswax-infused, rectangle- shaped Flats alone to store baked goods, package blocks of cheese or to wrap up large quantities of vegetables. By folding two Abeego Giant Flats into one super square, you create the perfect companion for packaging loaves of bread or covering large baking dishes and your biggest mixing bowls. The size and functionality of Abeego Giant Flats work together to create a true kitchen essential. **www.abeego.ca**

Vida Grains

a Super Food Meal Booster

Vida Grains is loaded with fibre, protein, B vitamins, iron, calcium, omegas and much more. Raw, gluten free, vegan with no added sugar, salt, nuts, corn or soy. Simply organic seeds and gluten free bran. New: Vida Grains Morning Glory is bursting with fresh cinnamon and organic dehydrated goji berries and blueberries. Savory Fiesta is a curry flavour with a hint of garlic and nutritional yeast. Delicious with dips & on salad, chicken, fish, popcorn, quinoa and rice. Available in health food stores. **www.vidagrains.com**

Ascenta NutraSea

Balanced EPA and DHA Omega-3 Supplement

Omega-3 is Essential for Everyone. It promotes recovery from exercise and exercise-induced inflammation and reduces soreness. It supports mental focus and concentration and promotes emotional well-being. It increases fat metabolism and decreases BMI and improves heart parameters during exercise by reducing heart rate and improving oxygen delivery to the heart. It also increases muscle growth. **www.ascenta.ca**

QQ Magic Water Bottle

Premium Alkaline Mineral Water Ionizer

More than 70% of the human body is composed of water and what you drink really defines your health. The QQ Magic Water Bottle's innovative six-stage water enrichment system purifies and alkalizes any tap water into water rich in antioxidants and essential minerals. The economical portable cartridge can be used up to 1,200 times, or the equivalent of three times a day for a year. For more details, visit **www.qqmagicwater.com, 604-541-8826.**

Do you know the health benefits of Hazelwood?
For the whole family
Pure Hazelwood
Hazelwood products ™
alive AWARDS 2011 GOLD
Oxidant stress and/or acido-basic unbalance
Necklace • Bracelet
Anklet • Ointment • Lotion
Testimonies from our clients confirm that Hazelwood products relieve or soothe:
• Heartburn / gastric reflux
• Teething • Arthritis
• Skin problems (psoriasis, acne, eczema)
• Any ailment associated with oxidant stress and/or acido-basic unbalance.
"My little one now has 16 teeth and I never had to give her any medication for teething. Plus I've been off cortisone for my eczema since I started using the Pure Hazelwood products."
Chantale L, BC
Pur Noisetier
Made in Canada
Ask your local favorite store about our products!
1-866-535-0148
purehazelwood.com

Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE™

Empower yourself. Achieve optimal health and a lasting career.

Do you want to positively change your life and well-being?

Do you want to help others achieve optimal health?

Do you want to earn a diploma in a life changing field?

Do you want to change careers?

Offers the R.H.N™ (Registered Holistic Nutritionist) Designation; the most recognized Designation in the Industry

PCTIA ACCREDITED

If you answered YES to any of these questions, then CSNN's Natural Nutrition program is for YOU.

TO LEARN MORE ABOUT CANADA'S LEADING HOLISTIC NUTRITION SCHOOL

Visit: www.csnn.ca

100-2245 West Broadway, Vancouver
ph: 604-730-5611

Briefing Notes on Prescription Drugs

Cholesterol drugs

What you don't know *can* hurt you

I've been following the cholesterol saga – both the marketing and the science of the dreaded "high cholesterol" – for more than 15 years and I have come to a single conclusion: people, and I mean all of us, including specialists, researchers, physicians, nurses, pharmacists and patients, have no idea of the range of possible harms associated with taking a cholesterol-lowering drug.

Why do we have no idea?

My answer is the substance of this month's column, which was born from my suddenly realizing the depth of our collective ignorance about the dangers of this drug class. To paraphrase Donald Rumsfeld who spoke of "unknown unknowns," in the statin world, there are those things we do not know, we don't know. With this incredibly popular drug class, there are forces conspiring to keep us flailing in ignorance in the dark.

Let me give it to you up front: Regardless of your age, if you are otherwise healthy with no history of heart disease, please avoid having your cholesterol tested. Don't. Ever. Do. It. There. That's my public health message for this month.

But you may ask, "If it's not worth doing, why do all the experts, as well as my doctor, keep saying that watching our cholesterol is worthwhile? Why do so many organizations promote the testing and treatment of high cholesterol, including the American Heart Association, the American Academy of Family Physicians, the Canadian Cardiovascular Society and any group that has an interest in cardiovascular disease?"

Even the independent bodies we trust, such as the United States Preventive Services Task Force (USPSTF), which delivers some of the best evidence-based recommendations on screening, says, "The benefits of screening for and treating lipid disorders in all men aged 35 and older and women aged 45 and older at increased risk for coronary heart disease substantially outweigh the potential harms."

Now this advice would be perfectly acceptable if we had a full account of the "potential harms" of statins – by this, I mean the bad things that can come with drugs such as Lipitor (atorvastatin), Crestor (rosuvastatin), Pravachol (pravastatin) and Zocor (simvastatin), among others.

On the 'benefit' side, most of us need a good slap to the side of the head to remind us that being labelled as having 'high' cholesterol is not the same as having a disease. It is a "risk factor" for a disease such as a future heart attack or stroke. But it's a tiny risk factor. Miniscule. Most of us may want to reduce our risk of cardiovascular disease, but most of us aren't told that tinkering with our cholesterol levels, through drugs or diet, does very little to reduce our overall risk.

Even in a "best case " scenario, one in 20 very high-risk men would see a benefit of only five percent. Most people would never even get close to that level of benefit; most of us would get no benefit while still having to contend with considerable harm.

But back to the dangers of statins – drugs like Lipitor, Crestor or Zocor. What are the most common negative effects of these drugs?

For clarity, I talked to Dr. Beatrice Golomb, a professor in medicine at the University of California in San Diego and likely one of the world's experts on the dangers of statin drugs. In 2008, she published an extensive literature review of the adverse effects of statins and to say it's exhaustive is a gross understatement; this paper has 900 references!

And what effects did she find? The range of adverse effects associated with statins is incredibly broad, but the key adverse effects could be summed up easily in a quick soundbite: muscles, memory and mood.

The adverse effects happen more frequently in people taking higher doses of statins, but muscle pain and weakness, trouble remembering things and feeling generally irritable are the most common troublesome effects of statins. Statin users might also experience violent nightmares, liver and stomach problems, trouble with breathing, sexual difficulties and a range of other problems.

I called Dr. Golomb at her office in San Diego the same week her new study was published in the *Archives of Internal Medicine*. The study found that statins cause people to feel tired and have less energy. This study, while small, was a randomized trial and probably the first of its kind to provide solid evidence on something patients have known about and which the drug industry has been able to hide for years: Statins cause fatigue and adversely affect a person's energy levels. Her study found that about four in 10 women taking a moderate dose of a drug like pravastatin or simvastatin had less energy and were more fatigued when they exercised.

When I talked to her, I realized pretty quickly that she and I have something in common: We had both spent part of our professional lives listening to people complain about the side effects they'd experienced while on statins. Both of us have heard many stories of physicians refusing to believe that these common side effects were real.

About 10 years ago, Dr. Golomb set up a study to collect reports of people who were taking statins. It was called the UCSD Statin Effects Study (www.statineffects.com). Unlike most research on statins, Dr. Golomb's data were refreshingly innovative, consisting of real stories of real experiences of real patients who had taken statins and had problems. These data are a huge contrast to much of the published literature on the effects of statins because most of what you find in the medical journals is research that is a) funded by the pharmaceutical industry, b) biased, often not reporting full adverse events data and c) generally biased towards only the positive effects of statins.

Regardless of your age, if you are otherwise healthy with no history of heart disease, please avoid having your cholesterol tested.

No wonder our doctors have been kept in the dark.

In 2007, she published a study in the medical journal *Drug Safety* that analyzed the reports of over 650 patients. The key thing she found was what I would call "doctor denial." This is the "I've never heard of that before" reaction that statin patients often get from doctors when complaining of sore and weak muscles, memory loss or any of the scores of nasty effects linked to statins.

When a doctor fails to recognize that a patient's symptoms could be the side effects of a drug, a vicious cycle can ensue, with more drugs – perhaps anti-inflammatory drugs – being prescribed to treat the side effects. Statins can cause a long cascade due to its side effects, including drugs for anxiety or impotence. There are even reports of patients who experience adverse effects that look like Parkinson's disease, leading, of course, to drugs for Parkinson's disease.

Dr. Golomb has learned a lot about statins from what people have reported to her. Over the last six years or so, she has been publishing her survey results in medical journals and presenting them to doctors.

A 2010 study found that muscle-related problems were a very common complaint of statin users, maybe as many as 20 percent of people who take the drugs. And if the drugs prevent people from exercising, they are actually doing the opposite of what they should be doing to keep you healthy.

Many people can eliminate the adverse effects by taking a lower dose or stopping the statin altogether, but some are not so lucky; some statin users have adverse effects that are irreversible.

At the end of the day, most of what we know about the safety of statins is biased. The statin world has very few researchers like Beatrice Golomb and that's a shame. The medical world's efforts to screen and pharmacologically treat something as simple as your cholesterol levels is a phenomenon that I believe is largely rooted in ignorance. Some day, I suspect we will regard statins as an unmitigated scandal in medicine, the same way we now think of bloodletting, thalidomide or Vioxx.

Alan Cassels is a pharmaceutical policy researcher at the University of Victoria and the author of **Seeking Sickness: Medical Screening and the Misguided Hunt for Disease** (Greystone, 2012), in which he discusses, among other things, screening for high cholesterol.

GO IONIC TODAY!

You have nothing to lose and your health to gain!

Liquid Ionic
MAGNESIUM & CALI-MAG

Calcium and magnesium need to be liberated from the molecules they are bound to by stomach enzymes. Then they must be ionized to be absorbed.

As we age, our digestive capacity and its ability to liberate calcium and magnesium ions become less efficient. However, **liquid ionic** provides the body with a concentrated pool of **pre-ionized calcium and magnesium**, which is absorbed via the ion channels that exist in our cell membranes.

Rose Stevens

for inquiries call
1.250.868.9972

distributors

Erlendson Health Products
1-888-542-4671
Western Canada
www.erlhealth.com

Innotech Nutrition
1-866-875-5022
Eastern Canada
www.innotechnutrition.com

Silver Mountain Health
1-877-674-4631
Alberta and Sask
www.silvermountainhealth.com

www.biofrequencyconsulting.com

Good Eats ★ ★ ★ ★ *La Dolce Vita*

photos by Alastair Gregor

The "Good Life" comes through taking a series of purposeful actions. It doesn't just materialize; it becomes manifest because we choose it, but first we have to journey a while to sample life. It is then we can understand the difference between what we want and what actually fulfils us. What fulfils us is where our attention should be focused, as where we place our focus expands.

Buddhist monk Thich Nhat Hanh said, "The best way to take care of the future is to take care of the present moment." This thought expresses the mindfulness that we must apply not only in our daily actions, but especially around the energy and conscious intent in the preparation of food.

Food prepared with reverence and gratitude carries a higher vibration and is more satisfying; a little goes a long way and we feel more energetic and satisfied after eating it.

Use your intuition when choosing and eating foods. Use your senses. Do you feel uplifted after your meal? A doctor friend told me to smell the ingredients and if I felt an increase in my energy, the food would be good for me and what my body needed. So if you don't feel uplifted, choose something else.

Ninety-six percent of the wild bee population has collapsed since the introduction of GMOs and monoculture farming.

How do you make these choices when dining out? Again, use your senses. When you walk into the restaurant, does it smell clean and uplifting? If not, leave and find another. I recently visited two restaurants in Vancouver that exemplify these food preparation principles, and both make everything from scratch. At Vancouver Tibet Kitchen (6591 Fraser Street), Tibetan-born chef Tsering Norsang has worked in five-star hotels throughout the world for 25 years. In 1996, he won Gold in the Culinary Olympics. The food was wonderfully simple, traditional, very tasty and immensely satisfying.

At Ethical Kitchen, an organic Restaurant at 1600 McKay Road in North Vancouver, they bring in organic grassfed meats and seasonal vegetables. They also grow some of their own produce in standing box beds in a small garden outside the restaurant. Proprietor Barbara Schellenberg shows a great love for her business; she changes the menu almost daily according to the weather and available ingredients.

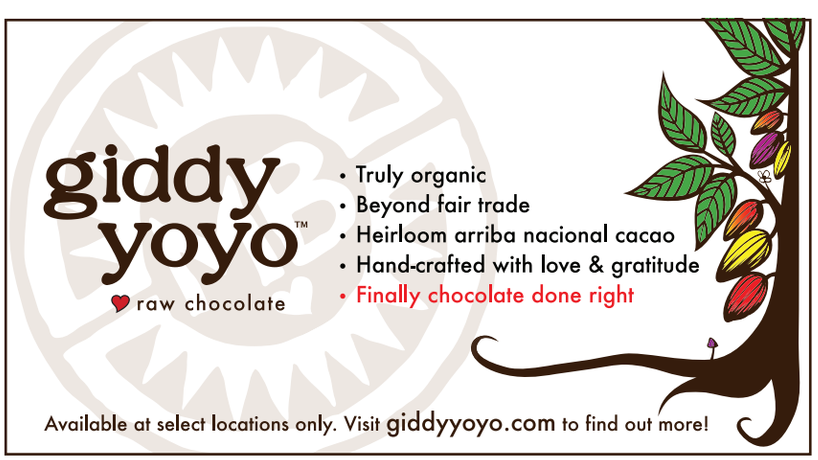
Everything at the restaurant is based on the premise of stabilizing the food culture, focusing on more home-based cooking using styles from around the world. All the staff, regardless of their culture, influence the food, which keeps it fun and fresh. All cultures globally use the same basic food concepts: some vegetables are fermented, a certain amount of the

food is raw and everyone makes stocks, all of which form the basis of the restaurant's wholesome foods. The restaurant even makes its own Ethical Soda, a Kombucha tea in many different flavours, and is similar to a French country bistro with lots of fresh, home-style foods to take home. Hang out there a bit and you'll see a great diversity of clients from all over the world and the place is constantly busy.

I was most impressed with their 15,000 new employees busily working up on the roof preserving civilization – bees – ethics in action at Ethical Kitchen. I spent a few hours with beekeeper David Macdonald and the bees. What an experience! Wandering round their edible flower garden, you'll see many bees busy at work. David explained how the urban beekeeper is saving bees from almost completely disappearing since 96 percent of the wild population has collapsed since the introduction of GMOs and monoculture farming.

Seek and you will find many great restaurants; just follow your nose and ask good questions. Have fun.

To advertise your restaurant, food product or service in our Good Eats section, please contact food writer Chef **Alastair Gregor** at alastair@commonground.ca. Alastair's life-long passion for food was inherited from his grandmother. He's an Honours graduate of the Culinary Institute of Vancouver Island at VIU and has been cooking since he was old enough to see over the top of the stove.


giddy yoyo™
raw chocolate
• Truly organic
• Beyond fair trade
• Heirloom arriba nacional cacao
• Hand-crafted with love & gratitude
• Finally chocolate done right
Available at select locations only. Visit giddyyoyo.com to find out more!

School of Western Herbal Medicine

Where you see danger,
we see medicine.

Explore the world of medicinal plants:
- Community Herbalist Certificate (270 hours)
- Diploma of Phytotherapy (2130 hours)
- Dual Diplomas of Acupuncture and Phytotherapy (3645 hours)
- Dual Diplomas of Phytotherapy and Holistic Nutrition (3345 hours)

Canada Student Loans Available!
College of Practitioners of Phytotherapy
PCTIA ACCREDITED
AMERICAN HERBALISTS GUILD
CHA OF BC
PACIFIC RIM COLLEGE

Accepting Applications for 2012 and 2013 Programs • www.pacificrimcollege.ca
229-560 Johnson Street, Victoria, BC • e: info@pacificrimcollege.ca

Pasture to Plate
Grassfed Meats!
The Butcher on The Drive
Beyond organic; bio-dynamic from pasture to your plate.
1420 Commercial Dr, Vancouver • 604-215-0050
www.pasture-to-plate.com

Plan for winter vegetables

We are so fortunate to live in a part of the world where we can grow a plethora of winter vegetables to harvest from October to May, a period when gardeners typically leave garden beds empty. You can either allocate garden space specifically for winter crops, or follow earlier crops of broad beans (favas), peas, lettuce, potatoes, garlic or shallots. When following an early crop don't forget to feed the soil by mixing compost into it, or sowing a green manure crop in it, to help renew fertility levels for the follow-on crop.

If sowing directly into the garden, the best time is from June to August. Don't forget the importance of extra watering during hot spells, and thin out seedlings to help others establish more quickly. Sow bugs, cabbage worms, pill bugs and earwigs can be the bane of juicy winter vegetable seedlings as they establish, which is where floating row covers and insecticidal sprays can help. Banana and black slugs have such voracious appetites that I often do slug patrols at dusk, with a bucket and scoop in hand and it always amazes me how many I find. Tip: Cleaning debris from the garden removes moist and dark hiding places for slugs.

Tender leafy greens will fare better with protection from a cloche or cold frame. A wooden frame covered with a single-pane window or a polytunnel made from 6-mm plastic work well for this purpose. Lettuces do require protection to survive hard frosts, but even when frosted right down to their roots I've known them to grow back when the soil warms up in spring.

When to seed

March/April: Leeks

May/June: Sprouting broccoli, Brussels sprouts, winter cabbage, kale, collards, chard.

June/July: Root vegetables – beets, turnips, rutabagas, celeriac, parsnips, kohlrabi, carrots, 'Walla walla' onions, scallions, endive.

August: Direct seed arugula, corn salad, winter lettuces and mesclun, radicchio, oriental greens, mustards, cress, spinach, coriander, winter radish, kale, chard.

Carolyn Herriot is the author of **The Zero-Mile Diet: A Year-round Guide to Growing Organic Food.** She is currently writing **The Zero-Mile Diet Cookbook** (fall 2012 release, Harbour Publishing).

Plan ahead for a winter harvest

- Grow your family's favourite vegetables.
- Follow where earlier crops of peas, potatoes, lettuces or garlic have been harvested.
- Sow seeds direct in the garden from late June to early August.
- Seed starts from late June to mid-July, grow outdoors in a cool location, out of full sun and lifted out of the range of bugs!
- Transplant in the garden no later than September so that plants are well established by hard frosts.
- Add lime to soil to prevent club root in Brassicas.
- Help transplants get established with feeds of compost tea.
- Remove older leaves to prevent build up of flea beetle and cabbageworm.
- Harvest after hard frosts when the food is sweeter.
- Tender, leafy greens fare best with protection from cloches and cold frames.
- Be patient with sprouting broccolis (white and purple). Leafy plants form large heads in spring, followed by weeks of tender sprout production. Harbour Publishing). http://earthfuture.com/gardenpath/

Community digs

Community gardening has seen a massive explosion in BC in the past five years. Some urban gardens with humble beginnings have tripled and quadrupled many times over. People line up on registration day to get a coveted plot, only to discover all plots were taken within the first 15 minutes. What's the big deal? Who's digging it, and why?

Who?

- Young singles and families in apartments.
- Immigrants who welcome an opportunity to do a little farming.
- Retirees who share their knowledge with others or want to be out in the sun.
- People interested in learning more about community gardening or gardening in general.

Why?

- People are taking a greater interest in what they eat, where their food comes from, how the seeds were produced and which fertilizers or pesticides were used on the plants.
- Parents and grandparents want children to understand where their food comes from and that salad greens don't grow in plastic containers.
- In this era of technological isolation, digging in adjacent plots brings a wealth of social interaction between age groups, races, religions and across other social divides.
- Sharing resources, knowledge, education and life experience enriches us all.
- Gardening decreases food costs. Often, tools, seeds, manure and other forms of support are donated by local organizations and small, locally owned businesses. With time, perhaps larger chain stores may jump on board and donate to these popular and worthwhile projects.
- Community-building aspects emerge. For example, a neighbour will weed an unkempt plot or water plants for a gardening acquaintance away on holiday.
- With such gardens showing up in many locations, people often walk or bike to their garden plot.
- Delivering fertilizer, supplies or water to one group is more efficient and less costly than delivering to several locations.
- Growing plants is therapeutic. Getting your hands in the soil, watching a plant grow from a sprout and taking produce home for a meal is profoundly satisfying. Watching the awe in a child`s eyes after pulling on green foliage to discover a carrot is worth all the weeding.

Other benefits

- Community gardens provide work experience and teach patience and understanding.
- They create safety in neighbourhoods: gardeners watch out for what`s going on.

When?

- Community gardens fill up in March or April and planting can begin as early as March. There are opportunities to join throughout the year, however, as some crops are suitable for winter.

Online resources

Search online. Type in your region with the words "community gardens." Also check out the websites below:

- Vancouver mayor Gregor Robertstons's blog: www.mayorofvancouver.ca/?p=2419
- Gardens in Fraser Valley: www.milllakecommunitygarden.wordpress.com
- Answers to the mystery behind all those SOLEFood boxes of earth near BC Place: http://1sole.wordpress.com/

And if you don't want to garden, but you like the idea, why not sponsor a plot and give someone a chance to grow organic produce?

Vesanto Melina is a dietitian and author who loves growing basil for vegan pesto and kale year- round. (www.nutrispeak.com) **Kayla Feenstra** is a gardening expert in the Fraser Valley and she donates her time, truck and gardening services to initiate and give extensive support to community gardens in the Fraser Valley. (www.dragonlilygardens.com)

Nutritional Support for Mental & Physical Well-Being

TRUEHOPE EMP™

Truehope EMP™ is the first micronutrient supplement of its kind!

Truehope EMP™ is designed for the body to fully utilize, the way nature intended. The effect is astounding results in mental and physical well-being!

More research studies have been published on the Truehope formula than any other micronutrient formula in history, and it is ***sold in over 100 countries!***

Take your health to a new level with Truehope EMP™, ***Just feel better!***

Visit a health food store near you!

Contact us at **1-866-397-3121** or info@truehopeemp.ca
or visit our website at **truehopeemp.com** for more information.

Are you being ELECTRI-FRIED?
Get grounded with EarthCalm

Complete Home System **$298**

EarthCalm products empower the body, naturally, to repel harmful electromagnetic fields (EMFs) from wifi, laptops, cell phones, AC electricity, cell towers, smart meters, etc.. EarthCalm's geometric circuits ground the bio-field fully in the health-dependent vibrational pulse of the Earth, that resonates out to the ionosphere (Schumann Resonances). With over 25 years of R&D, EarthCalm is a world leader and pioneer in EMF protection technology. Reported effective for anxiety, ADHD, pains, C.F., depression, insomnia, headaches, asthma, hypertension, brain fog, immune...

www.earthcalm.ca
90 Day Guarantee

Water as Nature Intended

Complete House Unit **Special $689**

Water structuring units with geometric technology restore water's molecular & energetic state and needs no electricity or maintenance. Tested and endorsed by renowned scientists, Drs. Fritz Albert-Popp and Konstantin Korotkov. Lifetime Warranty on portable units and units for home, sink, shower, travel, pool, garden, farm. **Crops grow bigger, faster, uniform, healthier and 3 times more nutritious.**

Alkaline, Highly Absorbable, Memory Free, High in Oxygen, Hydrogen & Bio-Photons, Ion Free, Contaminant Free, & Rich in Healing Schumann Frequencies.

Rose Bushes
Before & After 9 Days

7 months of pool water w/ perfect readings without chemicals, etc.

www.photonicwater.ca

All Inquires 416-222-2368 1-888-993-9123

WWF
Protecting the Future of Nature
Arctic sea ice, a critical habitat for polar bears, is vanishing before our eyes. As polar bears are forced to spend more time on land, the potential for conflict between humans and bears grows. WWF creates global solutions to cut carbon emissions—a leading cause of the depletion of sea ice—while also working with local communities, scientists and governments in Alaska and Russia to reduce the threats to polar bears. We can protect the needs of polar bears while respecting the needs of local communities.
Be Part of Our Work
worldwildlife.org

Environmental laws gutted

Canada's environmental laws are under attack by both the federal and Ontario governments. In Ottawa, the government introduced Bill C-38 to implement far-reaching measures announced in its budget. Ontario's government introduced a similar omnibus bill with profound implications for the environment.

The 420-page Bill C-38 will gut a raft of federal laws passed over the years to ensure that our air, water and most vulnerable wildlife populations are protected. Casualties include the Canadian Environmental Assessment Act, Fisheries Act, Species at Risk Act, National Round Table on the Environment and the Economy Act and the Kyoto Implementation Act.

In a surprisingly similar action, the government of Ontario recently introduced Bill 55. The 327-page bill seriously affects no less than six important resource and wildlife laws, with amendments that strike at the heart of Ontario's Endangered Species Act and other vital environmental legislation. When Ontario introduced its Endangered Species Act in 2007, legal experts and advocates lauded it as one of the strongest environmental laws in North America. Ontario's leadership was commendable.

The federal government has justified its efforts to eviscerate environmental laws.

Although biodiversity loss receives less attention than issues such as climate change, it threatens the very life-support systems of our planet: clear air, clean water and productive soil… Scientists say Ontario is particularly vulnerable to biodiversity decline and has a global responsibility for stewardship.

A study in the renowned scientific journal *Proceedings of the National Academy of Sciences* identified the boreal forest (which makes up more than 40 percent of Ontario) as the biome on the planet most vulnerable to damage from industrial activities and the effects of human-caused global warming. The study's authors showed that, in recent years, these areas have lost more forest cover to resource development and natural disturbances exacerbated by human-caused climate change than any other biome on the planet.

By weakening its Endangered Species Act, Ontario will be unprepared to cope with ongoing threats to its precious ecosystems and biodiversity, such as urban sprawl, the spread of invasive species and climate change.

The federal government has justified its efforts to eviscerate environmental laws by cynically claiming that caring for nature is a barrier to economic prosperity. But this ideologically driven agenda will harm our nation and undermine the future for our children. We can't hope to have healthy economies and communities in Ontario or the rest of Canada without healthy ecosystems and species diversity.

A recent study by the David Suzuki Foundation found that biodiversity in Ontario's Greenbelt alone helps to filter, store and regulate drinking water for millions of people in the Greater Toronto Area. The health of our air, water and most vulnerable wildlife populations are too important to be treated so callously. The government of Ontario must withdraw the proposed amendments to its Endangered Species Act and other environmental laws.

The environment can't simply be a fair-weather friend for politicians running for election. True leadership means committing to the long haul and ensuring that air, water, land and wildlife are protected now and into the future in Ontario and across Canada.

Written with contributions from David Suzuki Foundation Terrestrial Conservation and Science Program director **Faisal Moola**. Learn more at www.davidsuzuki.org

Authorized Canadian distributor of Earthing Products as featured in the book "Earthing"

EARTHING SOLUTIONS

Connect to the Earth and Feel Vibrant

Prices in CDN
Ships from within Canada
30 day full refund policy

What is Earthing?

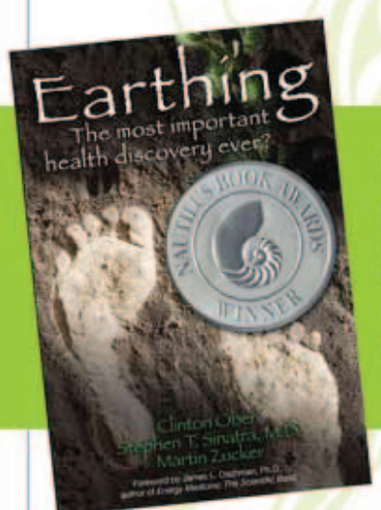
Earthing involves being in contact with the Earth's eternal and gentle surface energy. It means walking barefoot outside and/or sitting, working, relaxing, or sleeping indoors while connected to an earthing sheet or mat that delivers the natural nurturing energy of the Earth into your body.

For more than ten years, thousands of people around the world -- men, women, children, and athletes -- have incorporated Earthing into their daily routines. The results have been documented and they are extraordinary.

"This inspired and well-researched book explains the perils we face by being disconnected from the power and energy of the Earth and its boundless storehouse of free electrons. Could much of the disease, chronic inflammation, poor sleep, and more be the result of this? A brilliant hypothesis well-grounded in science."

- NICHOLAS PERRICONE, M.D., AUTHOR OF AGELESS FACE, AGELESS MIND

Earthing Products offer a convenient way to stay in contact with the earth while working, relaxing, or sleeping indoors



Read the first 50 pages on our website!

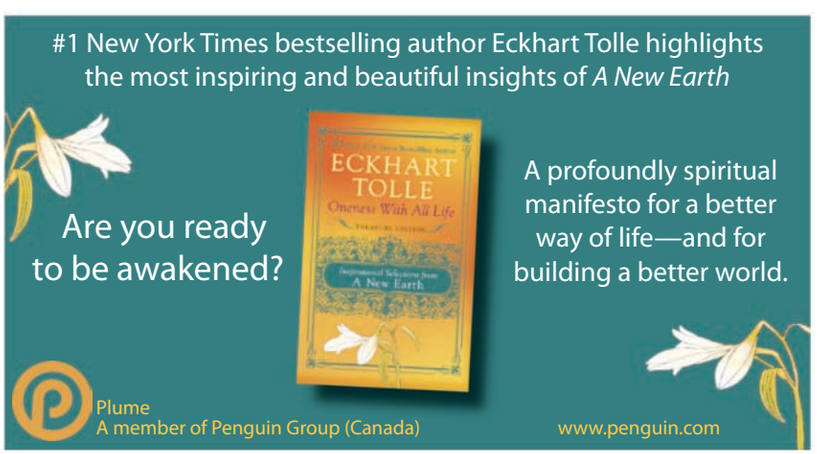
Earthing Sheets While You Rest

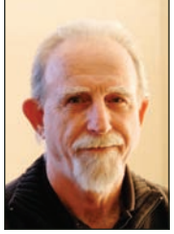
Earthing Mats While At Work

1-800-870-4248

www.EarthingSolutions.ca

Sufi Tea House
Rumi Rose Garden
50 Custom Blended Healing Teas
Wide Selection of White, Herbal, Fruit,
Matcha, Matte & Chai Teas,
Cafe, Coffee Bar, Turkish Coffee
Turkish, Iranian and French Pastries
Sufi Mystical Music / Sufi Healing Gift Items
Sufi Bookstore Meditation Space and much more
www.RumiRose.com
3660 East Hastings at Boundary, Vancouver 604-558-4455





Mac McLaughlin

ZODIAC

StarWise

July 2012

WE ARE not living in peaceful times, nor have we ever. Hold on a minute. That's not true.

We lived in peaceful times during the Golden Age. According to the mystics, souls pass through great cycles of time on their journey back to the source of pure light and love. They speak of a time in which men spoke only the truth and peace reigned on Earth. The problem that eventually manifested for the souls living in the Golden Age was they were not motivated to rise above body consciousness and traverse the higher planes. They became satiated, secure and satisfied with their Earthly existence. It really doesn't sound so bad to me. Wouldn't it be great to experience a few hundred thousand years of peace, light and love?

The saints teach us that this is the ultimate destiny for all embodied souls – that we will merge into the ocean of consciousness and experience eternal and divine love. Before we get to that though, we have a little work to do. Although we may not understand it all, ignorance will not get us anywhere; neither will war, hatred, anger and retribution. Our modern day wars, clashes and conflicts, big and small, have their origins in the long forgotten past.

ARIES Mar 21 - Apr 19
Mars types are generally fearless. Sometimes they are reckless and will do things that can be dangerous or thrilling. If this sounds like you, you might want to 'go easy' mid-month as the planetary aspects are loaded, potent and dangerous. If you are a thrill seeker, the time is right for high adventure.

TAURUS Apr 20 - May 21
Taurus knows the essential value of everything. July is a month in which you will weigh up what is real and what must go. It's a time of soul searching, as you reach for the highest values available or sustainable. An influx of wealth may begin to flow your way. Peace is attainable.

GEMINI May 22 - Jun 20
The VIPs are coming for a visit this month. They're already here. Venus and Jupiter arrive, bringing gifts of abundance, love and good fortune. If it is not so, know that it is time to make it so. Do not waste this opportune time fooling around and partying, but strive to make something of yourself.

CANCER Jun 21 - Jul 22
An intense month unfolds. The full Moon on July 3 brings home the reality of your situation. A series of powerful planetary aspects heightens the pace, especially mid-month. July 16 to 18 are action packed days in which you will have to wend your way carefully. Excitement, drama and danger are in the mix.

LEO Jul 23 - Aug 22
It's all about communication – or the lack of it – that tells the tale throughout July. The planets are leaning in your favour as a series of positive aspects unfold. You may have to re-think or rework your position, as Mercury turns retrograde in your sign on July 15. Strive for clarity, honesty and fairness.

VIRGO Aug 23 - Sep 22
Mars livens up your money house while Venus and Jupiter light up your solar tenth house of career status and your public image. You may be working hard and in the groove, possibly in the right place at the right time. In the midst of the flurry, you must take time for yourself.

Best Place Immigration
• Professional advice on all immigration categories
• Authorized personal representation to Immigration Canada
• All application preparation and appeals
Ron Liberman Member, ICCRC, No. R414399
Immigration Services 778-373-4928
For a FREE assessment visit: www.bestplace.ca

If astrology has any practical use, it would be within its capacity to help us understand the karma of the times. Our clients want to know the truth and they want to know how to deal with whatever is on board, karma-wise. The one big problem astrologers experience is in the area of helping the souls understand the karma that manifests at different times throughout our lives. There is one law that overrides karmic law and that is the law of God's mercy and grace. But in the meantime we have work to do and that work is learning to live non-violently. There will always be hard and stressful planetary aspects going on. Uranus and Pluto were conjunct in the late sixties and it was a time of great unrest and protest.

Uranus and Pluto are locked into a square aspect for the next two years churning up the seas and creating high stress and contention. Are animosity, distrust, hatred and resentment out there? I think so, but we have a chance to strive to still the waters that have been churned up into a great whirlwind of anxiety, fear and suffering. As the great mystics have taught us, you cannot wash away blood with blood, but only with the waters of forgiveness.

LIBRA Sep 23 - Oct 22
It's rock and roll time and hopefully it happens on the dance floor. I know it's cryptic, but the planetary aspects are a bit hairy and need to be handled with caution. Excitement, romance, adventure and good times are indicated, but you must keep it together and stay focused on what you're doing, especially mid-month.

SCORPIO Oct 23 - Nov 21
Your intuition is strong and helps to motivate you. Now is the time when you must rely on your deep inner self for guidance. You may be contemplating big changes or sense that changes are in the wind, and they are. A time of redirection looms this fall. Behind- the-scenes work takes place now.

SAGITTARIUS Nov 22 - Dec 21
Your solar house of partnerships is lit up like a Christmas tree. Lord Jupiter and lovely Venus cast their energies your way bringing opportunities for successful relationships, be they personal or professional. You may have a change of plans or a change of heart mid-month. Joint monies, investments and inheritances may be active topics now.

CAPRICORN Dec 22 - Jan 19
The full Moon on July 3 takes place in your sign bringing revelations and realizations your way. The whole month is power packed for action, excitement and change. There is some danger involved. Take it easy and let up on the pedal a bit. Staying clean and letting your works be seen is best.

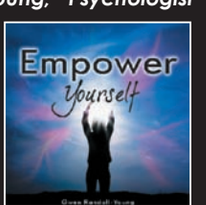
AQUARIUS Jan 20 - Feb 19
Mercury retrogrades in your opposite sign Leo mid-month, and there are some intense aspects going on as well. You might do well, as the planets are basically in tune with Aquarius. It's all about communications and agreements. Check thrice, cut once. Read the fine print before you agree to any deal that comes up now.

PISCES Feb 20 - Mar 20
The Moon transits Pisces from July 6 to 9. Take some time to let down and enjoy life on that weekend. You may be in a pensive mood and engaging in some deep soul searching. Health considerations or work related concerns may need attention. Your dreams may be vivid and chock-full of important information.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109

THE INSTITUTE OF SHAMANIC MEDICINE
Beyond 2012
Moving Forward into the 5th World
Free Information Evening
Vancouver July 17 • 7 PM
Shamanic Training & Coaching Certification Program
Starts Fall 2012 in Vancouver • 5 Weekends/Year
Ceremonial Retreat & Silent Power • July 21 - 28
Email us to receive our newsletter: info@shamanicmedicine.ca
www.shamanicmedicine.ca 877.329.8668

Join one of America's leading minds on the power of meditation for an evening talk and afternoon workshop.
JULY 18 - The Power of Meditation
7:00pm - 9:00pm
SFU Goldcorp Centre for the Arts (Woodwards)
JULY 19 - Lovingkindess (workshop)
4:00pm - 8:00pm
Vancouver Public Library, Alice MacKay Room
Sharon Salzberg in Vancouver July 18-19
GET YOUR TICKETS NOW!
Go to vancouvertix.com, call 604-629-8849 or scan the QR code to get your tickets.
THE DALAI LAMA CENTER FOR PEACE+EDUCATION
dalailamacenter.org

Deep Powerful Change!
Gwen Randall-Young, Psychologist
Featured CD: Empower Yourself
www.gwen.ca


Self Care CDs/MP3s
Hypnosis for Weight Loss
Restful Sleep | Intuition
Releasing Anxiety | Depression
Creating Abundance & Prosperity
Relationship Series (10 titles)
~ Over 50 Titles Available!
Hypnosis CDs Available At:
Vancouver: Odin Books, Banyen Books & Sound
Kelowna: Mandala Books
Kamloops: Bookland
Penticton: Hooked on Books
Naramata: Mustard Seed Bookstore
Chilliwack: Amethyst Books
Victoria: Avalon Books
Salt Spring Is.: Salt Spring Books
Calgary: Community Natural Foods
Edmonton: Ascendant Books
Contact us for a free brochure. Wholesale available.
Toll Free 1-888-242-4936 www.gwen.ca

EAST IS EAST
LIVE MUSIC AT 4413 MAIN ST (@ 28TH)
WWW.EASTISEAST.CA

Presentation at Walk for Peace June 30

I'm Woody Coward. I'm 94. In 1939, I joined the Canadian Army as a stretcher bearer. I became a professional soldier and one of Canada's atomic program veterans. Thirty years later, I resigned my commission as a Lt-Col. About 30 years after that, I became a peace activist. I *changed*.

I am representing Veterans Against Nuclear Arms, otherwise known as VANA. I speak on behalf of David Laskey and Ed Livingstone, leaders of Veterans Against Nuclear Arms before we folded our tent a year or so ago. They stand with me here on this platform.

Today, we bring a message of change and greetings to all – and a special greeting to any veteran or member of Veterans Against Nuclear Arms who may be in this great gathering.

Our message is about change, as today we are celebrating Vancouver's original Peace Walk in 1982. It is a special time for VANA for it was that Peace Walk in 1982 that spawned the birth of the VANA Vancouver Branch a year later.

Veterans Against Nuclear Arms participated as a group in Vancouver's Remembrance Day ceremonies during the 80s and 90s. But the organizers of those events were more interested in glorifying war than promoting peace and refused to allow us to place a wreath on the cenotaph at Victory Square. By 2000, that had changed since then we were included in those events. The wreath on this stage is in commemoration of all the people of Vancouver who have worked for peace and who may not be with us today.

We sense change in the air. The world is finding ways of resolving differences, of settling disputes without resorting to arms. Apartheid no longer exists in South Africa. A man of colour is president of the USA. Twenty-seven nations of Europe that fought each other for centuries are joined together in a peaceful union. Common trade was the route they used to bind their union. Interdependence may now be the glue that keeps them united. The Arab Spring carried countries of the Middle East towards social and political change. The youth of the world is telling us loudly and clearly that we need to move towards a peaceful and just society, without resorting to arms. Although the globe still has many problems and more nuclear devices than it had in 1982, none have been used in war since 1945.

We sense change in the air. The world is finding ways of resolving differences, of settling disputes without resorting to arms.

Yes, my friends, we believe that in balance this world is a better and safer place than it was 30-years-ago. We are convinced this *change* would not have happened without the constant pressure from those of our numbers who let the world know that peace was not just the way; it is the only way and we must keep up the pressure.

We often repeat John McCrae's poem *In Flanders Fields* on Remembrance Day: "To you from failing hands we throw the torch; be yours to hold it high."

And so we hold high our banner – let peace be our memorial. Thank you.

– Matthew 5:9
– Steve Jobs
– John Lennon
Walk for Peace June 30
"Be the peace you want to see in the world" – Ghandi
30th anniv
"For it isn't enough to talk about peace. One must believe it. And it isn't enough to believe in it. One must work at it" – Eleanor Roosevelt
"Hope is a waking dream." – Aristotle
silano Bea
set Beach
& celebra
s no way to p
is the way"

Veterans Against Nuclear Arms (VANA)

From left: Ed Livingston, Woody Coward, David Laskey.
The wreath featured commemorates all the people of Vancouver who have worked for peace. It was created and donated by the Liang family of Dunbar Produce, 4355 Dunbar Street, Vancouver, 604 228-8615.

Wars have been repeated, over and over, in the name of freedom and peace. War does not bring lasting peace. We must find those roads to peace, with love and understanding.

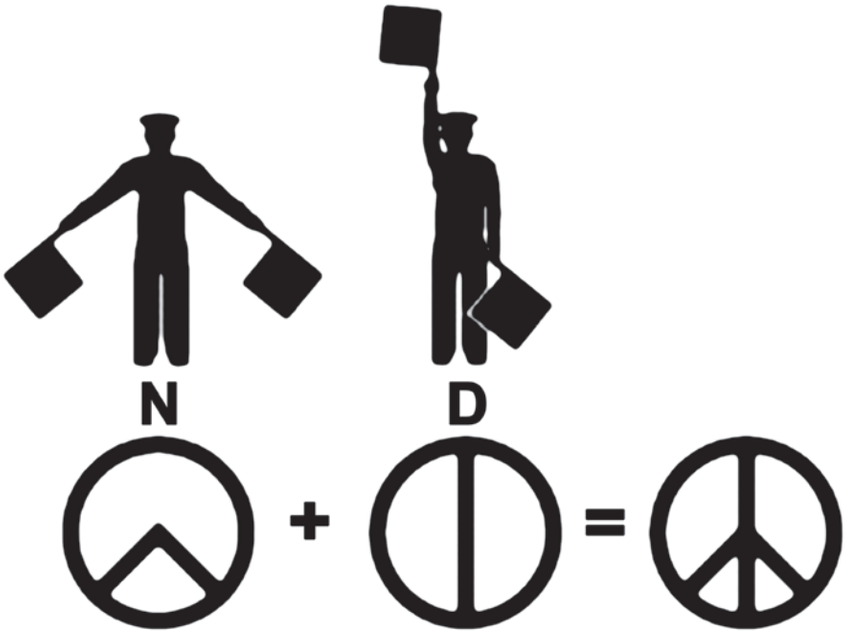
We must awaken the power of hope for peace that is buried deep within the depths of each individual, as this power can transform and change even the most intractable reality.

When we can end the use of war, then all those who have died in war can rest in peace, as peace should be their memorial. Thank you.

– Dave Laskey, Veteran Against Nuclear Arms

Birth of the peace symbol

Nuclear Disarmament



The peace symbol is one of the most widely known symbols in the world. In Britain, it is recognized as standing for nuclear disarmament and, in particular, as the logo of the Campaign for Nuclear Disarmament (CND). In the US and throughout much of the rest of the world, it is known more broadly as the peace symbol. It was designed in 1958 by Gerald Holtom, a professional designer and artist and a graduate of the Royal College of Arts. He showed his preliminary sketches to a small group of people in the Peace News office in North London and to the Direct Action Committee Against Nuclear War, one of several smaller organizations that came together to set up CND.

The Direct Action Committee had already planned what was to be the first major anti-nuclear march, from London to Aldermaston, where British nuclear weapons were (and still are) manufactured. It was during that march, over the 1958 Easter weekend, that the symbol first appeared in public. Five hundred cardboard lollipops on sticks were produced. Half were black on white and half white on green. Just as the church's liturgical colours change over Easter, so the colours were to change "from Winter to Spring, from Death to Life." Black and white would be displayed on Good Friday and Saturday, green and white on Easter Sunday and Monday.

The first badges were made by Eric Austin of Kensington CND using white clay with the symbol painted black. Again, there was a conscious symbolism. They were distributed with a note explaining that, in the event of a nuclear war, these fired pottery badges would be among the few human artifacts to survive the nuclear inferno. These early ceramic badges can still be found and one, loaned by CND, was included in the Imperial War Museum's 1999/2000 exhibition *"From the Bomb to the Beatles."*

What does it mean?

Gerald Holtom, a conscientious objector who had worked on a farm in Norfolk during the Second World War, explained the symbol incorporated the semaphore letters **N**uclear and **D**isarmament. He later wrote to Hugh Brock, editor of Peace News, explaining the genesis of his idea in greater, more personal depth: "*I was in despair. Deep despair. I drew myself: the representative of an individual in despair, with hands palm outstretched outwards and downwards in the manner of Goya's peasant before the firing squad. I formalized the drawing into a line and put a circle round it."*

Eric Austin added his own interpretation of the design: "The gesture of despair had long been associated with the death of Man and the circle with the unborn child."

Holtom had originally considered using the Christian cross symbol within a circle as the motif for the march, but various priests he had approached with the suggestion were not happy at the idea of using the cross on a protest march. Ironically, Christian CND later used the symbol with the central stroke extended upwards to form the upright of a cross. This adaptation of the design was only one of many subsequently invented by various groups within CND and for specific occasions – with a cross below as a women's symbol, with a daffodil or a thistle incorporated by CND Cymru [Welsh] and Scottish CND, with little legs for a sponsored walk, etc. Whether Holtom would have approved of some of the more lighthearted versions is open to doubt.

> Simpler to draw than the Picasso peace dove, it became known, first in the US and then around the world, as the peace symbol.

The symbol crossed the Atlantic almost immediately. Bayard Rustin, a close associate of Martin Luther King, had come over from the US in order to take part in that first Aldermaston March. He took the symbol back to the US where it was used in civil rights marches. Later, it appeared in anti-Vietnam War demonstrations and was even daubed in protest on the helmets of American GIs. Simpler to draw than the Picasso peace dove, it became known, first in the US and then around the world, as the peace symbol. It appeared on the walls of Prague when the Soviet tanks invaded in 1968, on the Berlin Wall, in Sarajevo and Belgrade, on the graves of the victims of military dictators from the Greek Colonels to the Argentinian junta, and in East Timor.

There have been claims that the symbol has older, occult or anti-Christian associations. In South Africa, under the apartheid regime, there was an official attempt to ban it. Various far-right and fundamentalist American groups have also spread the idea of Satanic associations or condemned it as a Communist sign. However, the origins and ideas behind the symbol have been clearly described, both in letters and interviews, by Gerald Holtom and his original sketches are now on display as part of the Commonweal Collection in Bradford.

Although specifically designed for the anti-nuclear movement, it has quite deliberately never been copyrighted. No one has to pay for it or seek permission before they use it. A symbol of freedom, it is free for all. This, of course, sometimes leads to its use, or misuse, in circumstances that CND and the peace movement find distasteful. It is also often exploited for commercial, advertising or general fashion purposes. We can't stop this happening and have no intention of copyrighting it. All we can do is to ask commercial users if they would like to make a donation. Any money received is used for CND's peace education and information work.

Information about the origin of the peace symbol is from Campaign for Nuclear Disarmament: cnduk.org

For more information about peace initiatives, visit:

The Council of Canadians: canadians.org
Coalition for Nuclear Disarmament and Peace: cndpindia.org
Canadian Peace Alliance: acp-cpa.ca
Ceasefire: ceasefire.ca
Department of Peace: departmentofpeace.ca
Canadian Peace Congress: canadianpeacecongress.ca
Greenpeace Canada: greenpeace.org
Canadian Voice of Women for Peace: vowpeace.org
stopwar.ca
Canadian Coalition for Nuclear Responsibility www.ccnr.org

Stephanie Goodwin

Ta'Kaiya Blaney - A powerful voice for change

Ta'Kaiya Blaney in Rio for the Earth Summit. Photo by Zack Embree.

In my work for Greenpeace, I meet special people pretty regularly. And by special I mean people who do the most unexpected things in the most wonderful ways.

Meet Ta'Kaiya. She's a 10-year old girl from North Vancouver who, while learning about sea otters in her home-school, became concerned about the devastation oil tankers would cause to BC's coast.

When she learned about Enbridge's proposal to build an oil pipeline from the Alberta Tar Sands to the Great Bear Rainforest, bringing more than 200 oil tankers per year to this pristine coast, she got really worried. So she wrote a song about her concerns. And it's good, really good.

Ta'Kaiya and her mom, Anne, went to Enbridge's office in Vancouver to hand deliver a copy of her music video and a letter that asks them to stop their plans. When she arrived, security guards stopped her from going to Enbridge's office on the sixth floor and even entering the building, period. They also refused to send someone down to the street to accept her letter. Apparently, Enbridge, who has touted their willingness to listen and work with First Nations, is afraid of a 10-year-old First Nations girl. She is pretty powerful but, come on, really? I suppose that is what happens when you speak truth to power; it scares them.

Ta'Kaiya knows that oil spills are inevitable with oil pipelines and oil tankers. She recorded the song to make a difference for the environment and the cultures that depend on the coast for their livelihood.

If an election isn't triggered already, which seems a certainty, our MPs will be debating Bill C-606 in the House of Commons shortly that would legally ban crude oil tankers from BC's Great Bear Rainforest.

So Ta'Kaiya wrote an open letter to Canada's Members of Parliament (MPs) and sent it to each of them today [March 24, 2011], on the anniversary of the Exxon Valdez oil spill in Alaska, that urges them to vote in favour of the bill.

I'm sure you'll agree that, with kids like her, our future looks bright. Follow Ta'Kaiya's lead and send your own letter to Prime Minister Stephen Harper urging his government to represent our voices and those of the future that say loud and clear "Protect the Great Bear Rainforest coast!"

Posted at greeenpeace.org, March 24, 2011. **Stephanie Goodwin** is Greenpeace's BC Director and works from Vancouver.

Open Letter to Canadian Members of Parliament

My name is Ta'Kaiya Blaney. I am 10-years-old. I live in North Vancouver and am from the Sliammon Nation. My name means "special water."

I am writing to you because the Enbridge Corporation is planning to build a pipeline from the tar sands of Alberta to Kitimat, BC. I thought it would be very risky for our coast so I wrote a song, called *Shallow Waters* about an oil spill happening in the shallow waters.

You will be debating Bill C-606 soon, if an election is not triggered, which would ban oil tankers from our northwest coast. I am sharing my song's music video and a personal message to encourage you to vote in favour of the bill.

Today is the anniversary of the Exxon Valdez oil spill in Alaska. Even today, 22 years later, oil still remains a few inches under the surface of the water.

I ask government and corporate officials such as yourselves to change your plans and stop oil tanker traffic on BC's coast and in waters around the world.

With this song, I hope to encourage government officials, people of British Columbia, and people across the world will realize the dangers of oil pollution, replace jobs that destroy the environment with jobs that help the environment. I ask government and corporate officials such as yourselves to change your plans and stop oil tanker traffic on BC's coast and in waters around the world.

Please feel free to share my letter and video with others.

All my relations,
Ta'Kaiya Blaney

Shallow Waters was a semi-finalist in the 2010 David Suzuki Songwriting Contest, Playlist for the Planet.

When life hurts

There are times when the pain of life can feel unbearable. The loss of a loved one, the break-up of a relationship, losing a job or having a serious illness can cause one to feel overwhelmed. The emotional pain is intense and sometimes the problem cannot be fixed.

At times like this, the future can look bleak. It seems impossible to imagine ever being happy again. Life seems unfair and we question why this had to happen to us. We may lose our ability to function as normal.

When we feel this broken and there are few, if any, signs that we are beginning to heal and cope, even as significant time passes, it may be that our inner child is having a reaction. The inner child is a concept that refers to the part of our psyche that retains feelings as they were experienced in childhood. It is the childlike aspect we all have. There is the playful, curious, fun-loving part and there is also the vulnerable, scared part.

Children thrive with security, but that security is easily threatened. A little one loses sight of mom or dad while shopping and sheer panic sets in. The child feels abandoned. They are too young to reason that, if they just stay calm and in one place, the parent will find them. Instead, they fear they may be lost forever and that thought is completely overwhelming.

As adults, certain events may trigger, albeit subconsciously, that same overwhelming sense of fear, dread and panic. People say supportive things to us and our rational mind understands, but it does not help our inner child any more than telling the lost child everything will be okay.

We may not realize our inner child is having a severe reaction. Worse yet, the inner child takes over and starts driving the bus. Then we feel even more out of control. We lose the ability to take the steps or think the thoughts that might help us.

What can we do about this? Therapy can be helpful because there is a wise adult who can help to comfort the inner child and assist in the healing process. Ultimately, however, what we need to do is to activate our own inner wise adult and bring comfort to our inner child. We may picture ourselves as we were as a young child and in our mind see that child feeling so lost and bereft because someone has died or left us.

Our wise adult part has to embrace the inner child with assurance that he/she is not alone because *you* are still there. Tell that child that he/she can count on you because you will never leave. Acknowledge that it is very hard, but tell that child again and again that we will get through this and in time things will get better.

> The inner child… refers to the part of our psyche that retains feelings as they were experienced in childhood.

Even if it is physical pain or illness we experience rather than abandonment, it is still important to tend to that inner child. Children are afraid of pain or being sick. When we have chronic pain, we tend to reject that part of us and with it the wounded inner child. So in this case, we give comfort, love and compassion to our vulnerable part. Try saying, "I know it hurts and it makes you sad, but I love you and will stay here with you."

If you are in emotional or physical pain, try a little of this inner child work. It can be very powerful. (Visit my website www.gwen.ca for CDs that can assist in healing the inner child.)

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, CDs and new "Creating Healthy Relationships" series, visit www.gwen.ca See display ad this issue.

Imagine
the most significant relationships in your life just got better
...a lot better.
Pretty cool, huh?
Now Being Offered
COMMUNICATION SKILLS TRAINING
BRUHANSKI ACTING STUDIO
604-879-2080
www.bruhanski.com
Teaching the Art of Personal Transformation Since 1980

Solve's Life's Problems With Ease
If you're still struggling with pain & discomfort, and you've tried EVERYTHING...
NOW is the time.
The Yuen Method™
& The Key Role You Play In Your Life.
Feel Instant Relief from energetic blocks preventing you from achieving total Health & Vitality.
* FREE DEMOS *
Vancouver | Victoria
August & September 2012
Crystaline Vision
the art of intuition...
Contact: Colette@CrystalineVision.com
For more info: www.CrystalineVision.com

Coastal Academy
of Hypnotic Arts & Science

Leslie McIntosh

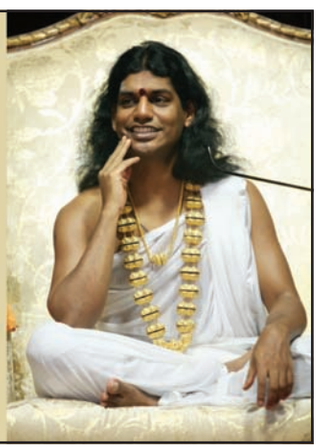
toll free 1.866.532.9126

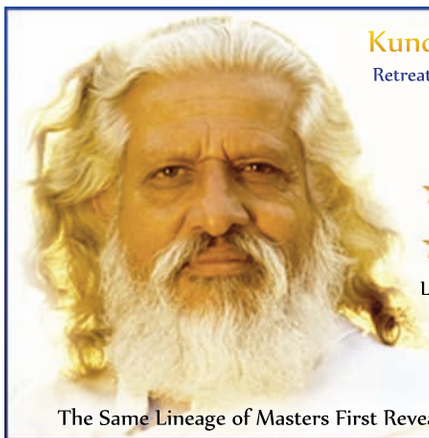
Professional Hypnosis Training for New Careers, Personal Growth, or to augment Existing Skills

4-week Intensive Program: Aug 7-Aug 31
4-week Intensive Program: Sept 10-Oct 5
10-month Part-time Classes begin Sept 15-16

REGISTER NOW TO HOLD YOUR SPOT
604.542.1914 info@coastalacademy.ca
www.coastalacademy.ca

Learn Meditation FREE!
Weekly Monday Stress Relief Meditation Nights 7:30 - 9:00pm
For • Clarity • Dynamism • Calmness • Stress-free living
Life Bliss Program - Level I
Come cleanse and energize your chakras through a series of guided meditations in this 2 day breakthrough program!
Saturday & Sunday, Sept 15 & 16
8:30am - 5:00pm both days
Cost: $125 Register now. Don't miss it!
Info: Nithyananda Meditation Academy
604.628.4479 or lifebliss.vancouver@gmail.com
www.nithyanandavancouver.blogspot.com
Program designed by: Paramahamsa Nithyananda, #1 Spiritual Teacher on YouTube.com





Kundalini Kriya Yoga Meditation
Retreat with Himalayan Master Yogiraj Siddhanath
Aug 31 - Sep 1, Fort Worden, Port Townsend, WA
★ Learn Babaji's Authentic Kundalini Kriya Yoga Techniques
★ Experience Astral Flight and Samadhi, The Ecstasy of Expanded Consciousness
Learn more about Free Workshops in Seattle and Register at www.siddhanath.org/nw
Toll Free: 909-907-9605
Use Discount Code ADRETREAT150 to get $150 off the retreat.
The Same Lineage of Masters First Revealed in "Autobiography of A Yogi"

"A serious candidate for the annual Top-10 lists" – AllAboutJazz.com
Available at
Dr. Vigari Gallery 1816 Commercial Dr
Highlife Records 1317 Commercial Dr
Preview, download or buy CD at www.cdbaby.com

Just now

an interview with Eckhart Tolle

To read Eckhart Tolle's latest column, please see the current print edition of Common Ground. For copyright reasons, we are authorized to publish this column in our print version only.

JR: In your new book, I feel like you're the modern equivalent of the explorers that came to the new world, but an explorer and documenter of consciousness, discovering a new world.

ET: Yes, discovering is the right word. It's not that you need to make a great effort to attain it or bring it about or acquire it. It's discovering it's already there in you – conscious awareness that's obscured, or partially obscured, in many people. It's a discovery of something already there.

It's like waking up after a dream, because identification with the thinking mind and its stories and the old emotional conditioning is like being immersed in a kind of dream world, which very often turns into a nightmare – acting out old conditioned patterns again and again. The whole structure of the egoic mind is an old dysfunction.

There's some evidence that the ego started about 6,000 years ago, but nobody can say for sure. Before that, humans were in a state of innocence. When we go beyond the dysfunction of the ego, we regain our original innocence, but on a much deeper level. This is why Jesus said unless we become as little children we cannot enter the kingdom of heaven.

So, returning to the original innocence, and at the same time going much deeper into that with full awareness – that's the process. We're coming out of thousands of years of dreadful suffering, almost the whole of recorded history of humanity. If you really look at it in an unbiased way, as if you'd never seen it before, one cannot but admit that, to a large extent, 80 to 90 percent of it is a history of pathological insanity, the suffering that humans have created for themselves and, of course, inflicting it upon others.

JR: And exporting it through colonization to the new world.

ET: Yes, so the important part of the awakening process is the realization of the insanity in human history, collectively, to this day playing itself out in world events. Also, to be aware of the insanity within oneself – old, dysfunctional patterns that come again and again that create suffering. So when you see that you're insane, then you're not completely insane. Sanity comes the moment you realize the fact of insanity. To see insanity is not a negative thing.

JR: At least you're out of denial.

ET: Yes, that's why in the film A Beautiful Mind, for example, which is about a mathematical genius who did have a mental dysfunction, his mind was developed in certain areas but he was also insane. The viewer of the film doesn't know that until a certain point when the character realizes that many of his experiences are delusions. At that moment, his healing begins. He's not cured yet, but his healing begins because he's recognized his own insanity. That recognition can only come out of sanity, which is the awareness of unconditioned consciousness.

JR: I remember you saying before you published your last book that the next one would be about why there isn't peace on this planet. Was finding a solution one of the major intentions of A New Earth?

ET: Yes, to see the nature of the major dysfunction. That's why I talk quite a bit about the ego in this book. We need to recognize the nature of the dysfunction. Sometimes, even very great Eastern teachers sometimes neglect that part because they're not really touched by the magnitude of, especially, the Western ego. So it's very important for us to see the dysfunction so that we can recognize it when it arises.

Part of the new book is about recognizing the ego, which I regard as a semi-autonomous energy. It's an energy field. Every thought you think is an energy field. It has a form and then it dissolves and then there is another form. The ego itself is an energy field and it has a collective and individual aspect. Every indi-

vidual ego is part of the collective. They're connected. Every individual is a manifestation of the collective. To recognize that is essential because the ego, being a very clever entity, has many ways of reappearing. Even if you've seen it in one disguise, it can suddenly reappear in a new one.

You might suddenly realize your whole sense of self, identity, is being derived from your possessions and social position. You see that your whole sense of identity is bound up with that and you recognize one aspect of ego. Well, usually it only comes to people when they suffer, when the identification with something no longer works…

It's recognizing the ego in its many disguises. I've met Buddhist monks who had enormous egos without knowing it. I remember being in a monastery afraid to approach them because they seemed so aloof. Yet I've met other Buddhist monks who were like little children and it was a joy to talk to them because they'd laugh and not take themselves seriously at all. They didn't take the whole Buddhist

thing seriously either, yet they practised it knowing it was only a form and they weren't identified with it.

There's a dimension in us that has nothing to do with content. Self-realization is that I am not that. I'm not my story, not my grievances and hang-ups, not the story of me that I'm telling other people at parties or repeating in my head again and again. That is only form. It's temporary.

When you see what you're not, it's already liberating. Something inside you breathes a sigh of relief. Then, of course, the mind begins to ask, "What are you if you are not that?" It wants an answer. In other words, it wants some new form. It wants a new thought. There must be a thought that I am. But it doesn't work like that. That's why the great book the Tao Te Ching starts with the line that the Tao that can be spoken of is not the true Tao because Tao – in the ancient Chinese way of putting it – is the formless dimension. You could say pure consciousness, but with any term we use we have to be careful it's not mistaken for "It." Otherwise, the mind comes in and says, "Oh, consciousness, yes. I believe that I'm consciousness." It's not another belief. It's finding that spaciousness inside yourself that's there when you let go of identification of form.

Excerpted from **Just now: a two-part interview with Eckhart Tolle** by Joseph Roberts. Read the full interview online. Go to www.commonground.ca Click on archives. Click on 2007 at the top of the page. For part one, click on September 2007. For part two, click on October 2007.

Experience Divine Healing Hands with

Dr. and Master Zhi Gang Sha

World-Renowned Soul Healer, Inspired Teacher, Divine Channel

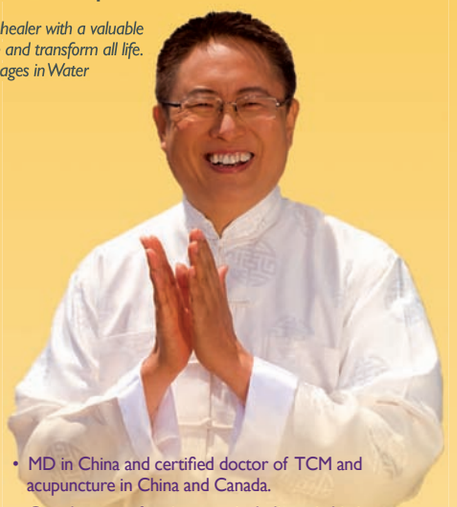
and Master GK Khoe and Master Peter Hudoba

Divine Channels and Worldwide Representatives of Master Sha

Dr. Sha is an important teacher and a wonderful healer with a valuable message about the power of the soul to influence and transform all life.
– Dr. Masaru Emoto, The Hidden Messages in Water

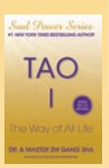
Master Peter Hudoba

Master GK Khoe



- MD in China and certified doctor of TCM and acupuncture in China and Canada.
- Grandmaster of ancient arts including tai chi,qi gong, kung fu, I Ching and feng shui.
- Honored with the Martin Luther King Jr. Commemorative Commission Award in 2006 for his humanitarian efforts.

New York Times Bestsellers!



I have the power to heal myself.
You have the power to heal yourself.
Together, we have the power to heal the world.
– Master Sha

Tao in Daily Life with Master Peter and Master GK
Thursday • July 5, 19, August 2, 16 • 6–8 pm • $30

Open Spiritual Channels Level I with Master Peter and Master GK
Friday-Sunday • July 20–21 • 10 am–5 pm • $125/day
Special Discount! Bring a new friend and you and your guest receive 50% discount.

Divine Healing Hands Free Soul Healing Evenings with Master Peter and Master GK
Friday • July 6, 13, 27, August 3, 10, 17, 24, 31 • 6–7:30 pm • Free

Divine Healing & Enlightenment Weekends with Master Peter and Master GK Khoe
Saturday-Sunday
July 28–29, August 4–5, August 18–19 • 10 am–5 pm • $125/day

Soul Healing Day with Master Sha
Wednesday • September 12 • 10 am–5 pm • Vancouver Island • $95
Live in Victoria or via webcast • Visit DrSha.com for location and registration

Divine Healing Hands Free Soul Healing Evening with Master Sha
Thursday • September 13 • 7–9 pm • Free
Live in Vancouver or via webcast • Register DrSha.com

Open Your Spiritual Channels with Master Sha
Friday-Sunday • September 14–16 • 10 am–10 pm • $200
Live in Vancouver or via webcast • Register DrSha.com

Call to receive a free Divine Healing Hands Blessing!

Location for all events unless noted: Love Peace Harmony Center Vancouver
1280 Odlum Drive, Vancouver, BC, V5L 3L9
604.336.4833 • www.facebook.com/pages/Love-Peace-Harmony-Vancouver
www.LovePeaceHarmonyVancouver.com

Institute of Soul Healing & Enlightenment™ • 888.3396815 • DrSha.com • Facebook.com/ZhiGangSha

Algorithms from wartime to Wall Street

article and photo by Geoff Olson

The Hungarian-born émigré and mathematician John von Neumann is remembered as an urbane and witty man. His colleagues admired his finely tailored clothes and superhuman capacity to handle liquor, to say nothing of his important contributions to a wide range of fields, from game theory to quantum physics. The man's bald dome housed one of the most powerful brains of the twentieth century.

Von Neumann's career arc took him from the top secret Manhattan Project to the Princeton Institute for Advanced Study, where Albert Einstein also worked. The hawkish Hungarian did not share the frizzy-haired German's fears about nuclear weapons. After the horrors of Hiroshima and Nagasaki, von Neumann approached the US government with a proposal for a new computer that would overtake its hand-driven predecessor ENIAC (Electronic Numerical Integrator and Computer) in running the mathematical simulations essential to atomic testing.

Einstein petitioned against building the machine at Princeton, but the US government approved the proposal. In 1951, von Neumann's team unveiled the Mathematical and Numerical Integrator and Computer, known by the acronym MANIAC – meaning something crazy and uncontrollable.

"Because city-destroying bombs couldn't be built by trial and error, computers were required to simulate the physics of detonation and blast waves. A computer helped build the bomb and the bomb necessitated ever more advanced computers," observes author William Poundstone in the *New York Times*. MANIAC was the bulky, slow-moving granddaddy of today's supercomputers, desktop systems, notebooks and smart phones. Most of our computing gadgets owe their attention-fracturing existence to John von Neumann and the Cold War's nuclear stalemate.

A *Punch* cartoon from 1959 portrays two scientists in lab coats standing next to a huge mainframe computer that has been programmed to answer the question, "Is there a God?" They are holding a printout of the computer's response: "There is now." A mere half-century after that unnerving punch line, computers have come to dominate our lives in uncanny ways. Who would have thought that the humdrum telephone – a Canadian inventor's century-old brainchild – would break free from the home to become a beeping, buzzing vector for social connection/disconnection? Or that the architecture of the processors in smart phones is traceable back to von Neumann's MANIAC, a device designed to crank out estimates for nuclear blast range and fallout?

Yet even while our phones and computers went mobile, other changes were happening on the digital front, far below the public radar. These changes make for a story with mythic dimensions, which we are only partway through. Just as the Biblical creation myth involved a Tree of Knowledge, there's also a tree of knowledge in this unfinished tale and, as an added bonus, it has a colourful selection of serpents.

Over 200 hundred years ago, businessmen in breeches and buckled shoes regularly gathered at a buttonwood tree at the foot of Wall Street, to wheel and deal. On May 17, 1792, under the tree's dappled shade, 24 stockbrokers signed "The Buttonwood Agreement," initiating the New York Stock & Exchange Board at 68 Wall Street.

Proximity to the area was key. Firms set up broker offices near the exchange so their employees could run over as fast as possible to buy and sell. Today, subatomic particles perform the legwork on Wall Street. Consider this: it takes you approximately 350,000 microseconds to blink and 500,000 microseconds to click a mouse. Computers can now perform trades in the span of just a few microseconds. Needless to say, even a bipolar, coked-up day trader can't touch the cheapest Chinese-made netbook in response time. So what has this meant for Wall Street, where timing is critical in the buy-and-sell process?

It's meant that Wall Street has given decision-making over to the machines. Every day, electrons race across electronic networks at near the speed of light to perform financial transactions. It's been called "black box trading" or "high frequency trading." The decisions to buy and sell are made by computer programs. These automatic computing procedures are called algorithms: coded sets of rules that define a precise sequence of operations.

These procedures are often massively repetitive. In consumer-grade software, algorithms repeat their routines over and over, until, for example, they have compressed a high-res photographic image into a web-friendly jpeg, or shoehorned a CD track into a tinny-sounding mp3. In high-frequency trading, algorithms continually sniff out stocks according to pre-programmed criteria. Amazingly, 70 percent of equity trades within the US in 2010 were by HFT.

That's right. Most of the market activity on Wall Street is performed by machines, not human beings.

Here's how it works: in the morning, a firm decides on a trading strategy for the day. The firm then releases its computational hounds into the secure, electronic backbone of the exchange. Millions of shares may be bought and sold throughout the day, but a young manager manning one of the HFT 'special desks' may know little to nothing about the value of the companies involved. He or she is only there to watch the screens and pull the plug if market activity gets out of hand. At the ring of the market bell, the firms close their position and rake in the bucks.

The HFT traders aren't after a few big fish; they're targeting an ocean's worth of minnows. The gains and losses are tiny per trade, just a fraction of a penny per share or currency unit. Yet with algorithms darting in and out of short-term positions millions of times a day, and the firms liquidating their entire portfolios daily, the takings add up. Goldman Sachs netted $300 million in 2009 and Citadel hedge fund made $1 billion in 2008 from high-speed strategies, notes Sarah Anderson of the Institute for Policy Studies.

According to a study by TABB Group, 48 percent of HFT has been traced to a few hundred proprietary trading houses, 46 percent by investment banks and six percent by a dozen or more hedge funds.

Paper currency originated as a virtual representation of precious metals and electronic currency acts as a virtual representation of paper currency. HFT, which gambles on electronic currency free of human oversight, is virtualization run amok. It's not so much trading as *Tron*. Critics say it has created "dark pools" and a kind of "Shadow Wall Street" where transparency and fairness is trumped by cabbalistic code.

HFT first hit the news after May 6, 2010, when nine percent of the DOW Jones Industrial Average momentarily vanished, almost plunging the world into chaos. The 1,000-point drop was later traced to a mutual fund market that dumped $4.1 billion of securities in a 20-minute period, which were gobbled up and sold within microseconds by algorithms. The incident became known as the "Flash Crash," after the US Securities and Exchange Commission suggested some blame lay with a variant of high speed trading called flash trading. (This is when selected players are allowed to see incoming orders

to buy or sell securities a few microseconds earlier than the general market participants, in exchange for a fee.)

Could such untracked activity leverage a market mood swing into another financial meltdown? A 2011 survey of global financial firms found that 67 percent of executives believe that "rogue algorithms" are inescapable, versus 78 percent of US financial executives surveyed.

It's not like Wall Street code hasn't got us into trouble before. The granddaddy of financial algorithms, the so-called Black-Scholes equation, won its creators the 1997 Nobel Prize in Economics. Unfortunately, the equation makes no allowance for "Black Swan" events like market crashes. Ian Stewart, a respected science writer and professor of mathematics at the University of Warwick, insists the Black-Scholes equation is dumb as dirt in dealing with real world market gyrations, and may even amplify them.

"Any mathematical model of reality relies on simplifications and assumptions. The Black-Scholes equation was based on arbitrage pricing theory, in which both drift and volatility are constant. This assumption is common in financial theory, but it is often false for real markets," Stewart observed in the *Guardian*. Financial managers who use ever more complicated derivatives – bets on bets on bets – eventually became prisoners of their instruments, like Mickey Mouse and his out-of-control brooms in the Disney film *Fantasia*.

Herd-driven market crashes are "virtually impossible under the model's assumptions," notes Stewart. The professor doesn't blame the great subprime scam and credit crisis of '08 on bad math alone. "Black-Scholes may have contributed to the crash, but only because it was abused. In any case, the equation was just one ingredient in a rich stew of financial irresponsibility, political ineptitude, perverse incentives and lax regulation."

The mathematician sees only more problems in hyperspeed finance. "The facility to transfer billions at the click of a mouse may allow ever-quicker profits, but it also makes shocks propagate faster," he observes.

Critics accuse some HFT traders of 'front running' and other illegal activities. Andy Brooks, head of US stock trading at the mutual fund seller T. Rowe Price, hinted at the dimension of the problem. "We know that some high-frequency trading strategies have cancellation rates in the 95 percent range," he told the *Baltimore Sun* this year. "So that means that 95 percent of the time that you say you want to buy 100 shares of IBM, you don't really buy it. And that begs the question: Why have you said you want to buy? Are you trying to influence someone to do something else? And is that manipulative?"

In 2010, the Financial Services Authority in Britain fined one firm and froze the assets of another, for HFT abuses on the London Stock Exchange. The US Security and Exchange Commission has proposed monitoring HFT in real time with a consolidated paper trail, but for its part, the Obama Administration has not signalled much interest in doing anything to alienate the incumbent's few remaining campaign benefactors on Wall Street. The European Commission's proposal for a financial transaction tax on speculators, which might reduce HFT volume on world exchanges, has gone nowhere.

A 2010 study of the NYSE flash crash commissioned by Britain's Government Office for Science contends the world narrowly avoided a "true nightmare scenario," with the market contagion spreading to the global exchanges. The report concludes, "On the afternoon of May 6, 2010, the world's financial system dodged a bullet." (With the concern that HFT is playing chicken with a "Black Swan Event," exchanges have reportedly installed post-flash crash 'circuit breakers' to halt trading in the event of extreme volatility.)

In a must-see 2011 talk on algorithms delivered at the Technology Entertainment and Design forum (TED), entrepreneur and new media maven Kevin Slavin insists the flash crash of 2010 indicates we have written code "we can no longer read. And we've rendered something illegible. And we've lost the sense of what's actually happening in this world that we've made."

This goes far beyond Wall Street. As an example, Slavin cites an anecdote from e-commerce, when a book for sale at Amazon.com, *The Making of a Fly: The Genetics of Animal Design*, rose from $1.7 million to $23.6 million in the space of a few hours. "When you see this kind of behaviour, what you see is the evidence of algorithms in conflict, algorithms locked in loops with each other, without any human oversight, without any adult supervision to say, 'actually, $1.7 million is plenty,'" Slavin dryly observes.

Wall Street has given decision-making over to the machines. Every day, electrons race across electronic networks at near the speed of light to perform financial transactions. It's been called "black box trading" or "high frequency trading." The decisions to buy and sell are made by computer programs.

UK software engineers now offer story algorithms to Hollywood. A company called Epagogix can run a script through its proprietary code to quantify whether it portends a $30 million movie or a $200 million movie. This is no longer about finance, it's about "the physics of culture," notes Slavin. "And if these algorithms, like the algorithms on Wall Street, just crashed one day and went awry, how would we know, what would it look like?"

We know already that high speed trading is affecting the hard-edged world of people and property. In a weird replay of the buttonwood tree era, trading distance is more crucial than ever. A distance of 20 miles from a high-speed trader to the exchange means a few extra microseconds, a critical amount of travel time for algorithms. Financial firms are locating their offices as close as possible to the NYSE hub to shave off these microseconds and the NYSE itself has installed supercomputers in its basement for high-paying clients.

In a world of whizzing financial code, what is the "market value" of slow, squishy human beings, with their circadian rhythms that evolved in tandem with a slowly turning planet? Not much. In his TED talk, Slavin recalls meeting "an architect in Frankfurt who was hollowing out a skyscraper – throwing out all the furniture, all the infrastructure for human use, and just running steel on the floors to get ready for the stacks of servers to go in" – just so algorithms could be closer to the financial electronic networks. For the same area of leased space, a human being squeezes out far less profit than a supercomputer firing off digits at the stock market.

Over the past few years, a company called Spread Networks has built an 825-mile trench between New York City and Chicago. This massive project is for a cable to transport algorithms 37 times faster than you can click a mouse. One of the newer projects in this field is a $300 million fibre-optic line beneath the Atlantic Ocean, intended to shave a few milliseconds off the data transmission time between London and New York markets. Algorithms have "a kind of manifest destiny" that will always seek out a new frontier," Slavin observes. Along with nature and man, there is now a "third co-evolutionary force," he says: the algorithm.

Many of us feel life is going faster and faster these days. The intuition isn't without a real-world basis. Financial market time operating in microsecond cycles is driving our stock-obsessed 24-hour news channels and Internet blogs, which in turn demand a manic, megahertz pace from political campaigns and pop culture. And God help the hapless consumer if he or she is not fully wired and connected at all times to "the Cloud."

The coming out party for John von Neumann's MANIAC arrived in the summer of 1951, "with a thermonuclear calculation that ran for 60 days nonstop," writes George Dyson in the 2012 book *Turing's Cathedral.* The author quotes von Neumann's second wife, Klari, who recalls his anxiety over what his invention might mean for the world. One evening in 1945, the mathematician proclaimed, "What we are creating now is a monster whose influence is going to change history, provided there is any history left." Von Neumann wasn't so much concerned about the atomic bomb *per se* as "the growing powers of machines," Dyson observes.

"Is there a God?" scientists asked a huge mainframe computer in an ancient *Punch* cartoon. No real-world device could answer such a question in the era of von Neumann, who passed away in 1957. But perhaps the algorithms racing through the world's electronic networks will one day give our machines a voice. Actually, in a sense, they have already through Apple's smart phone app, SIRI. Not surprisingly, the interactive voice recognition software originated as a project funded by DARPA (Defence Advanced Research Program Agency), a Pentagon nursery for classified high technology.

I'm afraid to ask SIRI if there's a God.

www.olscribbler.wordpress.com

Northern Gateway Pipeline economics

I grew up at Jericho Beach. My brother and I played war games with our friends based on a TV show called *The Rat Patrol*. We'd sneak along the beach, under the army base wharf, past imaginary enemy lines and make our way to Spanish Banks and up into a field we called the Plains of Abraham.

I never imagined then that I would be fighting now to stop Supernatural British Columbia from becoming a supertanker terminal for Alberta. It's not just the danger of a spill and what it will do to the beaches that I want to talk about today. It's the broader issue of Canada's energy strategy putting all our futures at risk.

Canada has an energy strategy? Yes we do. It's just not designed to serve Canadians.

The strategy is decided in the boardrooms of large corporations and national oil companies owned by foreign governments. It's delivered to the federal government behind closed-door meetings with lobbyists and over dessert at state dinners in other countries. Companies like Suncor, Nexen, MEG Energy, Cenovus and Total are all investors in the Northern Gateway approval process. We also have national oil companies owned by the Communist Party of China like Sinopec, PetroChina, and the Chinese National Offshore Oil Company. These companies are all directly or indirectly involved in this project.

These players have decided they need pipelines to the westcoast. They want to ship crude oil, primarily unprocessed oil sands called bitumen, to Asian markets. Both Sinopec and PetroChina have a fleet of oil tankers. They own almost all the refineries in China. That's where they plan to upgrade and refine the crude oil they produce here into gasoline, diesel, jet fuel and other petroleum products necessary to power Asia's economic growth. It's upgrading and refining that creates jobs. It's upgrading and refining that generates value added – not shipping bitumen down a pipeline.

We've been led to believe Northern Gateway means construction jobs. Enbridge – in a new ad campaign developed for British Columbians – pitches the construction jobs as a big plus. Enbridge claims "over 3,000 construction jobs at the peak of construction." Sounds, you know, okay. That is until you run it by the truth metre.

That number comes from Volume 6C of their application, pages 4-8. The number is 3,029 person years of employment for three months in the third quarter of the third year of a five-year construction project. Person-years of employment are not jobs. If you work for a company for three years as a manager, that's one job and three person-years of employment. Enbridge would call it three jobs. The construction jobs, when we run them through the truth meter, are just a tad over a 1,000, not 3,000.

> Once Northern Gateway is built, when Enbridge decides to increase tanker traffic and expose the land and sea to exponential spill risk, no one will be held accountable.

That doesn't mean these jobs are for British Columbians – they may go to anyone, even offshore temporary workers.

Enbridge CEO Pat Daniel has told us PetroChina would "love" to build the pipeline. Stephen Harper has made major changes to the Temporary Foreign Worker Program in Budget Bill C-38. These changes allow companies to import workers within 10 days, and pay them 15 percent less than the going domestic rate. These changes will certainly help PetroChina tender a low bid since they have a huge, low-paid labour pool ready to draw on.

There are virtually no long-term jobs from Northern Gateway. Enbridge says 78 jobs in BC and 26 in Alberta. A total of 104 permanent jobs.

But we do give up a lot of permanent jobs by not upgrading bitumen in Alberta. We ship those jobs down the pipeline along with the crude oil. For the bitumen that can be shipped along Northern Gateway, it's estimated 4,800 permanent upgrading and refining jobs are lost. Compare 4,800 permanent jobs lost to Enbridge's 104 permanent jobs gained.

We need to know that when bitumen is exported, so are jobs and value-added wealth. None of the lost jobs have been acknowledged by Enbridge in its ads or included in any of its analysis. If the Canadian government was as concerned about jobs in Canada as it pretends to be, bitumen would be upgraded in Alberta.

So what's stopping us? The multinational companies and the Chinese government don't want it that way. Upgrading and refining in Alberta was the strategy as recently as 2008. The oil industry had 10 new upgraders planned and even some new refineries, but then the financial crisis hit. Since then, oil production plans have recovered, while plans for new upgraders and refineries in Canada have not.

Back in 2008, when Prime Minister Harper was running for re-election, he promised bitumen would not be shipped to Asia. His government continued to publicly extol the virtues of processing oil in Canada right up until Enbridge filed its application for Northern Gateway in May 2010. So when industry proponents say it's not economic to upgrade and refine in Canada, you can say, "Hey wait a second, as recently as 2008 that was the plan; it was economic and it was endorsed by Harper's government."

Once Northern Gateway is built, when Enbridge decides it wants to expand capacity, increase tanker traffic and expose the land and sea to exponential spill risk, no one will be held accountable to address the environmental threat. If the actual environmental threat of Northern Gateway is going to be assessed, it has to be done as part of the initial application.

This issue becomes important when Kinder Morgan submits its application to the National Energy Board. You need to ensure the full design capacity of the new pipeline and marine expansion is assessed, not the minimum, as has happened with Northern Gateway.

Kinder Morgan has presented its new project as a 450,000 barrel per day pipeline. With design features similar to Northern Gateway's, it could move 850,000 barrels a day and that means somewhere around 475 oil tankers a year dropping anchor off English Bay.

There's one final area of misinformation I want to discuss today. That's Enbridge's operating risk and safety record. Enbridge tells us in its ad campaign that the company has "World-class safety standards… carefully planned and built to respect the terrain and wildlife. The pipeline will be monitored 24/7." But when you run this information through the truth metre, well...

From 1998 to 2010, Enbridge had 770 reportable oil spills, a number of them considered large by National Energy Board standards. When Enbridge submitted its risk analysis to the National Energy *continued p.35…*

Ta'Kaiya Blaney (L) protests the Tar Sands at the Rio Earth Summit, June 20-22. Photo by Zack Embree.

common ground resource directory

the best place to be

Every month, 1/4 million Common Ground readers seek out our resource directory to find services and businesses in alignment with their values We offer frequency bonuses three sizes of listings and a wide range of categories

To book your listing email Sonya
sonya@commonground.ca

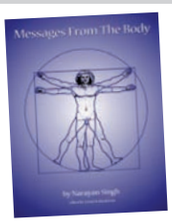
Advertising deadline
the 15th of the month prior

Books • Art • Music • Culture	29	Intuitive Arts	32
Business Services & Opportunities	29	Nutrition	33
Dentistry	30	Psychology, Therapy & Counselling	33
Education & Certification	30	Restaurants / Vegetarian	34
Health & Healing	30	Spiritual Practices	35

BOOKS • ART • MUSIC • CULTURE

Do you love to sing in the shower only to clam up if you think other people are listening? Discover your own voice and full potential of your talent with Lynn McGown. We all have our own unique voice. Through breathing and body awareness techniques, vocal warm-ups and lots of singing, you are guided to discover a powerful and authentic sound to build your confidence, energy level, well-being and health. All lessons are individually tailored: from shy beginners to professional performance coaching. Register for vocal workshops (last Sunday of each month) and/or one-on-one vocal singing coaching.

LYNN MCGOWN
Call to set up lesson
tel. 604-222-4113
www.lynnmcgown.com
www.celtictraditions.ca



ARE YOU SEARCHING FOR THIS BOOK?

MESSAGES FROM THE BODY
by Narayan-Singh
A "dictionary" of the psychological and sometimes sacred meanings of hundreds of disturbances ranging from sneezes to cancer. This reference book is of inestimable value to those looking for answers and insights beyond the traditional medical model. 387 pp, $55.00

Excerpt: INABILITY TO SLEEP
"Red-orange alert." They are on intense vigilance and "hair-trigger" reactivity. They don't dare to relax because they don't trust the process of life. They have a disturbed mental condition due to a subconscious shock and/or a chronic state of "red-orange alert." There has now also been an "emergency preparation" activated by current circumstances. They labor under a great deal of guilt and fear over imagined failures and their consequences. It arises from their having been the "sane one" in a severely dysfunctional family.
Lynne R Henderson Publications
www.lynnehenderson.com
604-264-0801

BUSINESS SERVICES & OPPORTUNITIES

AXLEALLEY
AUTO REPAIR / SURF SHOP
www.axlealley.ca

Locally owned and operated since 1992
Government Licensed mechanics
Centrally located between Kits and Main
20% of our oil changes go to charity
Free brake inspection
Free clutch adjustment
Free baby seat anchor and install

Hours: Monday - Saturday
8 AM - 5 PM
396 5th Avenue West (at Yukon)
Vancouver, BC
V5Y 1J5

• Check out our website for 43 free downloadable fuel saving tips.
Book an appointment online.
www.axlealley.ca
604-875-9988

I can't understand why people are frightened of new ideas. I'm frightened of the old ones.
– John Cage

CARS BY HANK
www.carsbyhank.com

Need help buying your next car?
I **find** and **sell** the finest used cars in B.C. I sell makes and models that my 37 years experience with cars have proven to be dependable. D10566 PS autosales. Call Hank Melanson, 604-739-8494.

DENTISTRY

North Vancouver
Cosmetic and Laser Dentistry

Dental Materials Biocompatibility test, Safe removal of mercury fillings, Metal Free restorations, Cosmetic dentistry, Metal Free orthodontics, Sedation dentistry, Laser Dentistry. New patients welcome.
www.drnasimanderson.com
1108-160 E. 14th St., North Vancouver
604-987-7272

Dr. Talebain & family

Quality care with a sense of home comfort

Dr. K. Talebian
D.D.S., F.D.S.R.C.P.S
northvancouverdental.com

Metal Free Restorations • Cosmetic & Implant Dentistry • Orthodontics (Braces & Invisalign) • Endodontic • Oral Surgery (& wisdom teeth) • Periodontics (Gum Treatment) • Sedation & Emergency Services • Teeth Whitening.
North Vancouver Dental Clinic
619 E. 4th Street, North Vancouver
604-988-8384 nvdental@shaw.ca

EDUCATION AND CERTIFICATION

COMMUNICATION SKILLS TRAINING: Enrich your most significant relationships. Learn skills that will dramatically enhance your ability to be truly understood and acknowledged; clarify goals and priorities; vastly improve listening skills, empathy, memory, confidence and sense of empowerment. Fun, powerful, transformative, effective.

BRUHANSKI ACTING STUDIO is a safe, dynamic creative space for actors to learn the foundational skills to perform with honesty and artistry; and for the non-actor, an opportunity to develop greater empathy, imagination and self confidence.

ALEX BRUHANSKI: Seasoned actor, director, and master teacher, Alex has taught in Vancouver, L.A. and Montreal; was an artist in residence at the Gestalt Institute of Canada; led workshops in prisons and in the mental health community; and volunteered in palliative care programs.
www.bruhanski.com 604-879-2080

Learn massage therapy while enjoying the sun and sea of Hawaii. Our "State of the Heart" professional program provides you with the knowledge, skills and confidence to open your own bodywork practice. Our 650-hour certification program is one of the most affordable anywhere at only $5,500US. Part-time (12 month) and Full-time (7 month) programs begin every September and March. Curriculum includes Anatomy & Kinesiology, Swedish, Lomilomi, Hydro & Spa Treatments, Deep Tissue & NMT, Assessment & Treatments, Shiatsu, Sports & Therapeutic Exercise, Reflexology, Body/Mind Integration and a fully supervised public clinic. The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process. Student visas available for 7 and 12 month programs. For more information and a free catalog, write **Maui School of Therapeutic Massage**, PO Box 1891, Makawao, Hawaii 96768. Phone: 808-572-1888 or visit our website at www.massagemaui.com

PACIFIC Institute of REFLEXOLOGY
Most courses tax deductible

Reflexology Training Courses
Reflexology is taught and practiced as an intuitive healing art. Courses provide structure that supports you in developing an intuitive sense of reflexology with a holistic orientation.
Holistic Reflexology: An Introduction
Informational evening talk and "hands-on" presentation, **$10**. See Datebook.

Basic Foot, Hand or Ear Reflexology Certificate Courses: Twenty hours expert instruction, 40 hours practicum plus 10 hours home study prepare you to practice reflexology competently. **$395.**
Advanced Reflexology Certificate Courses
Expand your knowledge to develop your effectiveness to a professional level. **$395**.

Courses offered year round. See Datebook.
Courses accredited CMTBC, RAC.
Pacific Institute of Reflexology
535 West 10th Avenue @ Cambie
Vancouver, B.C. V5Z 1K9
(604) 875-8818
www.pacificreflexology.com
chrisshirley@pacificreflexology.com

We offer workshops on practical techniques and methods to experience an **out-of-body state, lucid dreaming, or astral projection (The Phase)**. Participants learn how to enter, control and apply *The Phase* for: Traveling the world, space and time; Finding information; Self-healing; and Contacting deceased.
Download free e-book.

You don't have to burn books to destroy culture. Just get people to stop reading them.
– Ray Bradbury

The Pacific Institute of Advanced Hypnotherapy
New Westminster, B.C.
www.hypnotherapyBC.com

Be a Certified Clinical Hypnotherapist
160 hour course. PCTIA registered. IMDHA certification. Accepted as an elective, University of Alberta, Dept Family Medicine. Diplomas earned: Clinical Hypnotherapist, Hypnotist, Master Hypnotist. **778-397-7714** hypnotic@shaw.ca Sherry M. Hood M.H., C.CHt. is a smoking cessation specialist.

Edison Institute of Nutrition
1-800-456-9313 • www.edisoninst.com

Training Nutrition Professionals Worldwide. The most complete holistic nutrition correspondence course. Introductory Course, Practitioner & Masters Diploma in Nutrition. Accredited by Canadian & U.S. nutrition associations.
Call for our course catalogue.

HEALTH & HEALING

Expect Wonders!
Registered Doctor of TCM
Former Instructor of TCM
at Langara College
29 Years Clinic Experience
Extended Care & MSP Accepted
116 - 828 West 8th Ave
Vancouver: 604-876-8618
www.chinese-medicine.ca

Dr. Peter Zhou, is a qualified MD and a former hospital director in China. He has been practicing in Vancouver since 1997, treating skin and pain disorders with a 95% success rate. Patients from England, Norway, France, Australia, Singapore, Fiji and Japan have sought his treatments.

Skin Disorders
- Eczema
- Skin rashes
- Skin allergies
- Psoriasis
- Rosacea
- Dermatitis
- Acne
- Shingles
- Herpes
- Hives
- Vitiligo
- Wart

Pain & Other Disorders
- Neck and back pain
- Bell's palsy (highly effective)
- Headache, Sciatica
- Arthritis, Tendonitis
- Disc Syndrome
- Stress and Depression

Please read our Online Testimonials.

Wellspring Vision
Improvement Program
Making a positive difference
Dr. Weidong Yu
www.TCMRP.com

Wellspring Vision Improvement Program (WVIP) was developed in 1999 by Dr. Weidong Yu, a world renowned Doctor of Traditional Chinese Medicine. WVIP is a comprehensive Holistic health program based on Chinese herbal medicine, Acupuncture, Acupressure, Qigong, Food and Nutrition. WVIP may be beneficial for patients with conditions such as:

* **Retinitis Pigmentosa**
* **Macular degeneration**
* **Glaucoma**
* **Eye Bleeding**
* **Red eyes, Dry eyes**
* **Eye fatigue**
* **Far sightedness**
* **Blurry Vision**

For appointment, please call 604-737-7876
Dr. Weidong Yu, Dr.TCM
Wellspring Clinic
916 West King Edward Ave. (south east corner of King Edward Mall at Oak & King Edward)
Vancouver, BC

PACIFIC Institute of REFLEXOLOGY
Most courses tax deductible

Enjoy Deep Blissful Relaxation!
Reflexology is taught and practiced as a potent, safe way to free stress and tension, relieve pain, improve circulation, and facilitate natural healing. Stimulation of foot, hand or ear reflexes revitalizes your whole body naturally.
One-hour private sessions: $60.
Student Clinic: Tuesday evenings. Rejuvenate yourself, you deserve it! **1hr sessions only $20.**
"FOOT REFLEXOLOGY: A Step-by-Step Guide." DVD or video. Enjoy pleasurable, quality time with family & friends: **$22.95.**
Training: Basic & advanced certificate courses prepare you to practice holistic reflexology competently and professionally: $395.
See Education and Certification Listing.

Books, charts and self help tools available.
Enquire about franchise opportunities.
Pacific Institute of Reflexology
535 West 10th Avenue @ Cambie
Vancouver, B.C. V5Z 1K9
(604) 875-8818
www.pacificreflexology.com
chrisshirley@pacificreflexology.com

NATURAL HEALTH SCIENCE

Real Wealth is Good Health

Jasmohanjit K Gill
Natural Health Consultant & Educator
www.naturalhealthscience.ca

We will measure the function of your whole body system, using **Electronic Biological Testing** and **Live and Dry Blood Analysis** to determine how close you may be to developing – diabetes, heart disease, high cholesterol, insulin resistance, problem hormone levels, menopausal symptoms, and accelerated aging.

Our testing shows – heart rate variability, oxygen uptake, body tissue condition, neurotransmitter levels, function of parasympathetic and sympathetic nervous system, organ system function, and autonomic nervous system conduction. We will provide you with customized dietary advice to relieve chronic fatigue, depression, migraine, body pain, arthritis, allergies, memory loss, digestive disorder, constipation, acidity, food cravings, weight gain, gallstones, acne or other skin problems.
To improve your health in a safe and natural way, call 604-767-4445 for a free initial phone consultation.
Or email info@naturalhealthscience.ca

Tian Chi Traditional Chinese Medical Centre
Thomas Cheng
Registered Acupuncturist & Herbalist
2225 Kingsway, Vancouver
778-862-5466 / 604-568-8079
tianchichinesemedicine@shaw.ca

Thomas Cheng has over 27 years of clinical experiences in both China and Canada including 14 years of service in the Chinese Army as a military doctor.
We provide these services:
Diagnosis, Natural Herbal Medicine, Acupuncture, Acupressure & Massage, Reflexology, TCM Cosmetology

We mainly provide treatments for:
neck & back pain, headache, insomnia, depression, diabetes, frequency of urination, kidney problems, skin allergies, gout & arthritis, hemorrhoids, high blood pressure, stroke, coronary heart disease, and tumors.

Our Specialty:
Prostate problems including prostatitis, prostatauxe, prostate tumour and prostate cancer, etc.

We accept:
MSP, ICBC, WCB & Extend Care

SKIN DISEASE CENTRE TRADITIONAL CHINESE MEDICINE

expert diagnosis
SKIN DISEASE TREATMENT
Extended Care

Dr. Andy Zhou (PhD) is a renowned Professor of TCM, Dermatologist, President of Dermatology Society of TCM, Registered Doctor of TCM, and Acupuncturist. He has worked with people worldwide and successfully treated most of his patients with his unique, herbal formulas. He has provided expert diagnosis in Vancouver since 1996.

- **Psoriasis**
- **Eczema**
- **Atopic dermatitis**
- **Dermatitis**
- **Acne**
- **Vitiligo**
- **Hives**
- **Skin allergies, Rashes, Itching**

Dr. Andy Zhou, PhD, DR. TCM
Skin Disease Centre
of Traditional Chinese Medicine (TCM)
Regent Medical Building
330-2184 West Broadway (@ Arbutus)
Vancouver, BC, V6K 2E1
By appt: 604-736-6060
www.TCMdermatologist.com

Seminars & intractable diseases
Extended care & MSP accepted
International Acupuncture Academy *of* Bhupendra Techniques
119-2238 Kingsway, Vancouver
604-873-4661 604-771-8678 604-432-9009

Prof. B.K. Singh, Acupuncturist, President, Dean, visiting professor, B.Sc., M.B., B.S, D.Ac., Ph.D., D.Litt., D.Sc. Laureate, Royal Order & Albert Schweitzer. Medical doctor from India, 40 years clinical, teaching, research, & publication experience in 40 countries, pulse expert, authored 20 books, 153 research papers. Recipient, international awards. Designer, provider of acupuncture & TCM programs, Langara College, 1999-2001.

Bhupendra Techniques treat sexual disorders, ED, infertility, cosmetic breast correction, body deformities, obesity, palsy, parkinsonism, strokes, muscular dystrophy, migraine, arthritis, backache, spondylosis, fibromyalgia, Alzheimer's, carpel tunnel, asthma, sinusitis, optic atrophy, retinitis pigmentosa, deafness, insomnia, depression, diabetes, Crohn's, hypertension, psoriasis, dysmenorrhea, edema, autism, addictions, multiple sclerosis, hyperactive bladder.
www.bhupendratechniques.com

Be Amazed!
Alex Yim, 嚴子龍 醫師.
Acupuncturist Clinics:
China Town
729 Gore Ave., Vancouver
Sunshine Coast
441, Marine Dr., Gibsons
604-649-0867

Alex Yim, 嚴子龍, 18 yrs clinical experience. Besides acupuncture, he uses myofascial point injections & prolo-therapies for chronic pain & sport injuries. Lipo/Cellulite Dissolve therapy to help weight-loss, treat arthritis, inflammation, high blood pressure and tumors.
Testimonial (Chronic Fatigue & Fibromyalgia): *2 sessions and I feel 100% better & my energy level is much greater. I highly recommend Alex.* Betty P., Gibsons.
Testimonial (Knee Pain): *I suffered knee pain and swelling. After only 1 treatment my pain stopped and I have been running for the last 2 years. It's amazing!* AP, Gibsons.
Testimonial (chronic back pain): *A year of pure hell relieved. Family, friends & myself can't believe my mobility.* RH, Gibsons
e-Feng Shui, e-Numerology service
Want to improve your wealth, health and happiness, or check the cosmos energy in your home or office? Email your details & questions. This service is done on-line.
byim88@yahoo.ca
www.AcupunctureCancerClinic.com

HEALTH & HEALING

Valerie Kemp
CranioSacral
Barbara Brennan Healing
Lymph Drainage Therapy
604-739-9916

With over 20 years experience in holistic healing and bodywork, Valerie adds to her in-depth study and client experience with **Craniosacral Therapy, Somato-Emotional Release, Myofascial Unwinding and Lymph Drainage Therapy** etc. her most recent six-year advanced study at the **Barbara Brennan School of Healing** including chakra and auric field multidimensional energy healing. She works gently and electively to co-create with you healing for **physical, emotional, mental, spiritual and soul issues** to provide the most complete experience. As well as working with clients, Valerie confidentially mentors other healers/ practitioners locally and internationally through phone/Skype sessions with their own personal process and professionally, in support of their clients. **Long-distance phone/Skype sessions** available.
Can now return calls within 24 hours. Appointments in Vancouver:
604-739-9916

TRUTH
radio
www.blunt.fm

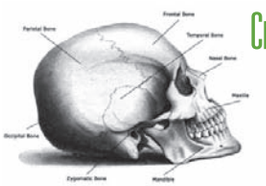
Gain a deeper understanding of chronic disease, medicine, science, politics, current events, religion and spirituality. Host Bryan Farnum's powerful, spiritual gift accurately discerns truth that heals the body/mind/ soul, reduces human suffering, and brings world peace.
www.blunt.fm www.onlygodheals.com

Qwest 4 Health
• LIVE BLOOD ANALYSIS
• IRIDOLOGY
• pH ASSESSMENT
• QUANTUM BIOFEEDBACK
www.qwest4health.ca

COMPLETE HEALTH EVALUATION
Get a powerful insight into your own body regarding: pH imbalance – allergies – parasites – candida – digestive difficulties – inflammation – anemia – heavy metal – immune disorders – toxic stress – nutritional deficiencies – hormone imbalance – cholesterol – circulation ….and many more
Office: 604-531-3480 qwest4health@shaw.ca

HYPERBARIC
OXYGEN
The Key to Healing
1-800-215-1714

Autism, Stroke, Brain Injury, Cancer, Dementia, Cerebral Palsy, Diabetic Ulcer, Non-Healing Wounds, Fibromyalgia, Chronic Fatigue, Multiple Sclerosis (MS), Post-Polio, **Lyme**, Parkinson's, Alzheimer's, Migraine, **RSD**, Sports Injury, Crohn's, Colitis, Raynaud's, Pre-Post Surgery, Huntington's, **Rheumatoid Arthritis.**



CranioSacral Vancouver
604-833-3151
www.craniosacralvancouver.ca

• Migraines • Neck, Back Pain • Sinuses
• CNS Disorders • Learning Disabilities
• Scoliosis • Chronic Fatigue • Emotional Difficulties • Stress, Tension • Fibromyalgia
• Connective-Tissue Disorders • Neurovascular & Immune Disorders • Post-Traumatic Stress Disorder • Post-Surgical Dysfunction

---

A healing with Angela consists of channeled information revealed before and during your session. Pranic Healing can provide relief from various physical ailments and emotions like obsessive thoughts, rage, anxiety, heartache and much more. **70 min. session $60. Distance Healings available.**
www.angelapaterson.com

ACUPUNCTURE
HERBAL MEDICINE
ANGELA LIU
Doctor of Traditional Chinese Medicine
Registered Acupuncturist
Trained in Canada and China

Treatments for:
• Gynaecological, digestive and skin issues
• Back pain • Fatigue • Stop smoking • Weight loss
Chinatown Office: 604-605-3382
Chinatown Centre Medical Clinic
#165 - 288 E. Georgia St.
Main St. Office: 778-239-7989
Balance Acupuncture & Massage
#105 - 4338 Main St.

THE HAPPY COLON
since 2000
Elena Lopez
I-ACT certified colon hydrotherapist

Colon Hydrotherapy dates back to the Egyptians who used it in its most basic form, the enema. Modern equipment today uses purified water at preset pressure and temperature to cleanse the large intestine (colon).
By appointment only: **604-525-8400**
 # 360 - 522 7th St., New Westminster, B.C.

Experience is the name every one gives to their mistakes.
– Oscar Wilde

ADNC NEUROFEEDBACK CENTRE
Summer Training Program
July – August 2012
Learn Biofeedback & Neuroplasticity
Improve medical conditions to relieve Headaches, ADHD, Anxiety, Addictions, Pain
Transform your life, focus & performance
604-730-9600, www.neurofeedbackclinic.ca.

INTUITIVE ARTS

PsiTherapy© is a unique blend of Dr. Geri's psychic and therapeutic abilities.

As an internationally- respected psychic she has been able to provide insights to thousands of clients around the world.
Dr. Geri offers a choice of concise and accurate readings to fit your needs.

"The reading I had with Geri was one of the most educating readings I have ever had... She touched on some things only I know about myself; no other psychic has ever mentioned some of those things..."
- V.C., S.F. Ca.

Private and confidential sessions provide solutions you need to create a Life you love!

Telephone readings ongoing.
Intensive Psychic Development Class
Info: www.DrPsychic.net
MC, Visa
1-877-266-7337

As for Within as Without
call Maria at
604-277-9603
Feng Shui 2 Charmed Life

Feng Shui 2 Charmed Life "As For Within as Without"

Our environment, our homes or offices are mirrors of ourselves. They reflect our interests, our beliefs, our passion and most of the time our unconscious way of living. They tell a story about how we feel about ourselves, about our lives. With the help of Feng Shui the areas in our lives can be rejuvenated and renewed.

For Holistic Feng Shui Consultation please call 604-277-9603.

Create a Charmed Life Coaching Inc. & Feng Shui 2 Charmed Life

Our Mission is to bring happiness into people's lives as they learn to align their minds and spirits with their goals in life. This is supported by transforming their homes and offices into a healthy and harmonious entity.

INTUITIVE ARTS

I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.
– Albert Schweitzer

Lily Chandra
Medical Intuitive
Pet Psychic
Distance Healer
604.518.8668
lily@intuitiveenergyhealer.ca
www.intuitiveenergyhealer.ca

Health issues are a result of unprocessed emotions that leave imprints on the spirit. I heal the trauma and cleanse the memory from the DNA which creates a ripple in the energy body and transforms all aspects of your life.

Granville Island Psychic Studio — Phone Readings
Vancouver
Canada & USA
1-888-734-3354
www.psychicstudio.ca

HOME TO VANCOUVER'S BEST PSYCHICS, since 1996. Walk-ins welcome 7/7 11 to 5. Empower your life: Tarot, Palms, Reiki, Healings, Mediumship, etc. Across from The Keg, Marina Side.
1526 Duranleau St. **Ph: 604-734-3354.**
Info/map: www.PsychicStudio.ca

IT IS TIME
Meg Watson
Private Sessions/Readings
Healings and Classes
604-536-1565
findyourheartwisdom@gmail.com

Choose to Evolve
Energy Movement
Find your Heart Wisdom
Align your Chakras
Develop your Energetic Awareness
Know your Centre
Heal the past, intend your future
Be in the present…ACT!

Loving is easy… just ask any five-year-old!

Personal consultations are now available with Reimut.
~ Relationship and Dating Counsellor
~ Author of *"Easy Relationships - The Handbook for Happiness"*

ThePhoneCounsellor.com
604-688-3001

Michael Hey
Whale Channel, Healer
& New Energy Guide
604-600-4912
michael@seaofheartlight.com
www.seaofheartlight.com

"Dear Human: You wish to know more about the depth of this experience as everything is shifting within and around you. We call this an awakening. Let us embrace you and guide you back into your own heart."
– Aurora (a Beluga whale).

All science is either physics or stamp collecting.
– Ernest Rutherford

DR. ANNE MCMURTRY
Channelled Readings, Reiki & Crystal Healing
ANNE'S ABILITY opens a line of communication between you and your spiritual guides allowing them to speak directly to you. Reiki and crystal healings and workshops are also available. 604-734-8219, VANCOUVER.

Elizabeth
Psychic Energy Readings
For Heart, Health & Home

I specialize in channelled life readings that empower you to change. From healing health problems, resolving relationship issues, to freeing your home from negative energy, let me help you remove blockages preventing you from moving forward.
Telephone Readings. Paypal available
604-512-1519 falcon56@telus.net

NUTRITION

Books for vegetarians, vegans, raw foods enthusiasts, healthy eaters, and those changing their diets due to health concerns: these best selling books plus *Raising Vegetarian Children* (not shown). Available online, through all bookstores, and Banyan. Or arrange a consultation with dietitian/ author Vesanto Melina.

Address weight, health, pregnancy, childhood, through senior years. A personalized 2-1/4 hour consultation ($282 with tax) includes dietary analysis; recipes; menu planning; nutrition for busy people; practical food tips.
604-882-6782
www.nutrispeak.com

PSYCHOLOGY, THERAPY & COUNSELLING

Therapy of the Whole Person
John Arnold Ph.D.
Therapist / Counselor since 1975
604.261.2788

Only by Working With the Whole Person Can You Achieve Truly Permanent and Effective Change.

If problems and issues keep popping up in your life and you are STILL STUCK, it is because you have not gotten to the root causes. Completion of any problem comes only when you have resolved your issues physically, emotionally, mentally and spiritually and the underlying reasons for repetitive patterns of behavior are uncovered and resolved. If you are fed up and want to do something radical about your predicament, give me a call **604-261-2788 or visit my web page at www.members.shaw.ca/johnarnoldphd/**

FREE YOURSELF
Jaminie Hilton
RCC
Masters in Counselling,
Chemical Dependency
Certificate

Discover your personal strength - it lies in the coping style that has gotten you this far; **shift** depression to hope. **Free** yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. **Deepen** and **enrich** your connection with others. **Create the life you deserve.**

In a safe environment, learn to value your power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

CALL ME FOR INFO ON EMDR
• Creative/Career Blocks • Addictive Behaviours
• Trauma/Abuse: Physical, Sexual, Emotional
• Depression • Anxiety • Grief/Loss
• Relationship (from romantic to roommates)

I have 20+ years experience as a therapist with adults, adolescents, and couples. Clinical Supervision Available.
For free initial consultation or information call:
604-802-4126, VANCOUVER
www.jaminiehilton-counselling.ca

PSYCHOLOGY, THERAPY & COUNSELLING

ARE YOU READY FOR A CHANGE?

Lorraine Milardo Bennington
M.Ed. (Counselling)
Reg. Psychologist #815

You can overcome your limiting beliefs and open up to your joy!
Success Coaching
Hypnotherapy - Weight Loss/Stop Smoking, Athletic performance, Blocks to Success/Fear of failure, Age regression, Anxiety, Phobias
Couples Counselling

Lorraine Milardo Bennington, success coach, psychologist and hypnotherapist, has been practising hypnosis for over 30 years and skillfully integrates intuition and hypnotherapy into her coaching and counselling practice. Lorraine gently guides people in the process of transformation, assisting them to connect with their higher selves and to reclaim joy and personal power in their lives. Lorraine has returned to Vancouver after 10 years living, studying and working on Kauai and Maui.
604-871-4342
transformance@mac.com

CORE BELIEF ENGINEERING

Founder, Elly Roselle
PCTIA Registered
(604) 536-7402
www.corebelief.ca

Are you ready for real and lasting change in your life? Core Belief Engineering has been getting results since 1985 by revealing the core belief systems motivating all of our behaviours. Through a gentle dialogue with aspects of your mind, you identify and transform limiting beliefs into a life-enhancing base that supports your conscious choices.

CBE is for you:
- If you are looking for a breakthrough in your life
- If you want to free yourself of limiting patterns and compulsive behaviours
- If you want to open and strengthen your connection with your own deeper consciousness.

CBE works holistically with your mental, emotional, physical, spiritual and social beliefs and concerns.

Founder Elly Roselle offers private sessions and a PCTIA registered certification program.

(604) 536-7402 – www.corebelief.ca

HYPNOTHERAPY

Jackie Maclean
Clinical Hypnotherapist
The Power Within
604-551-4986
www.thepowerwithin.ca

FREEDOM from insomnia, migraines, pain, fears/phobias, stress, anxiety, panic attacks, anger, depression, ADHD, OPD, stuttering, nail biting, **addictions**: tobacco, alcohol, cocaine, c.meth, pot, food, gambling and abuse. **Learn SELF HYPNOSIS…GAIN CONFIDENCE.**
2 locations: Vancouver & Langley.

"Life Between Lives"

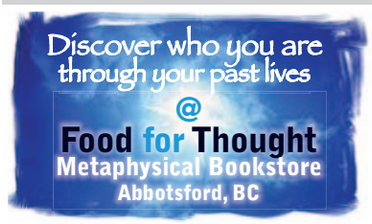
Past Lives & Spiritual Regressions
Rifa Hodgson, CCHT
The first certified & practicing LBL therapist in Canada
1-888-606-TIME (8463)

"For those of us who have had the opportunity to actually see our immortality, a new depth of self understanding and empowerment emerges." - from "Journey of Souls" by Dr. Michael Newton, LBL Founder.
Offices: West Vancouver and Gibsons
604-741-7944
www.lifebetweenlives.ca

CanPeace Consultants Inc

Bringing People Together
604-676-3555

• Creating Effective Relationships
• Conflict Resolution • Mediation
CanPeace brings focus, clarity and a fresh perspective to your personal situation.
Call for your FREE initial consultation.
555 Burrard Street, Suite 900
www.petersammarco.com
by appointment only

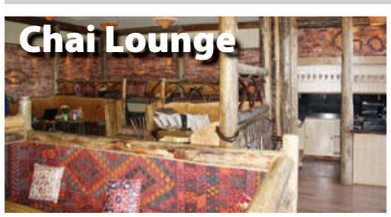


Can regressional hypnotherapy uncover origins of health and other concerns? Do we create our destiny in our 'Life Between Lives'? Hypnotherapist Jonny Enoch CCHT, uses techniques like Dr. Michael Newton uses in 'Journey & Destiny of Souls'.
Call for appointment. 604-853-9027
www.foodforthoughtbookstore.ca

RESTAURANTS

Savour an Indian culinary experience while enveloped in the mysterious ragas of classical Indian music. Winner of *West Ender's* Silver Medal for **Best Indian Restaurant 2004-2005**. Delicious selection of vegetarian and vegan specialties. Open 7 days a week for lunch & dinner. 2313 Main St., Vancouver
604.872.8779 www.nirvanarestaurant.ca

I can't give you a sure-fire formula for success, but I can give you a formula for failure: try to please everybody all the time.
– Herbert Bayard Swope



Experience the East at the new Chai Lounge. Enjoy exotic food and the finest, tastiest selection of vegetarian, vegan, gluten-free and meat dishes, from the folks at East is East. Open 7 days/week, 6-11PM. Live music, licensed. 4433 Main St. @ 28th Ave. For reservations, call 604-565-4401, **www.eastiseast.ca**

EAST IS EAST

EXPERIENCE THE EAST WITH YOUR TASTE BUDS
3243 West Broadway 604-734-5881
Chai Tea House Upstairs & 2nd location
4413 Main Street @ 28th 604-879-2020

"East Is East is a place where you are encouraged to talk to your neighbours. This is definitely not the Ritz, but it certainly is Kits. From plumbers to publishers, hippies to generation whatever, this place has special appeal." - *Owen Williams, Common Ground*
Visit our new location
4413 Main Street @ 28th 879-2020

VEGETARIAN RESTAURANTS

Vegetarian Restaurant
菩提 菜香素食
3932 Fraser & 23rd Ave.
Vancouver
(604) 873-3848
Bodhi Choi Heung

Serving traditional **Buddhist style** vegetarian food since 1960. Come sample over 200 vegetarian dishes. Operated by **Chef Ho** formerly of **Bodai**. Open 6 days a week from 11am to 3pm and 5pm to 9pm, closed Tuesdays. Rated Best Vegetarian Restaurant in *Vancouver Magazine's* 9th Annual Restaurant Awards.
Call for reservations. 604-873-3848.

T·H·E NAAM RESTAURANT

"Great Food, Anytime!"
Open 24 Hours

The Naam Vegetarian Restaurant
For years voted "Best Vegetarian" in the *Georgia Straight* and in *Vancouver Magazine's* "Readers' Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner.
2724 West 4th Ave. **604-738-7151.**

SPIRITUAL PRACTICES

Welcome to a spiritual home that honours all paths to God. Find spiritual tools here to make your life and the world a better place. You *can* experience a personal relationship with Spirit.

We are an open, affirming spiritual community.

July Theme: The Power of the Master Mind
We are exploring Napoleon Hill's best seller, *Think and Grow Rich. 13 principles for living a successful, abundant life!*
Small groups make applying the principles easier. Groups are open, meeting weekly through August. Check our website Calendar page for events and updates.

SUNDAY MEDITATION: 10:15 am
CELEBRATION SERVICE: 11:00 am
Maritime Labour Centre, 1880 Triumph St.
between Hastings & Powell @ Victoria
Free parking lot on Pandora
csl.vancouver.org
See us on Facebook, Twitter and YouTube
Info: 604-321-1225

MEDITATION & ECOLOGY CENTRE
11011 Shell Rd, Richmond, BC
Sundays: Meditation /Satsang, 10am-12 noon
Adult & Children's Programs are concurrent
Vegetarian Lunch Following.
Wednesdays: Adult Program, 7-8:45 pm

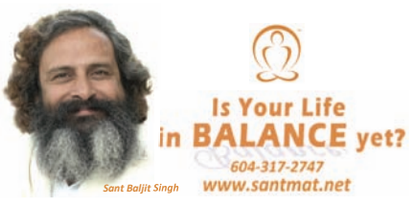
~ All are WELCOME. Programs are FREE ~

Enlightened Living FREE Classes:
- **Documentary Movie Night:** *DIRT! The Movie,* Saturday, July 21, 7pm
- **Meditation for Life** classes on the Theory & Practice of Jyoti Meditation

Registration & info for Richmond & Vancouver: *Linda, 604-985-5840*

"After we cross the physical, the astral, and the causal regions, we reach the fountainhead of the Water of Immortality. When we drink at that fountain, our soul is purified. It shakes off the shackles of the mind."
~ H.H. Sant Rajinder Singh Ji Maharaj

Learn Meditation - FREE
Sufi Meditation every Wednesday at 730pm
Call for Spiritual Counselling: 604-980-7007
"There are as many Ways to the Divine as there are Breaths of Humankind" –Sufi Mystic
3660 East Hastings, Vancouver
www.sufimeditationcenter.com



Simple changes can bring more meaning to your life, create happiness and well-being.
Ongoing free programs on the spiritual practice of meditation on inner Light and Sound.
Every Tuesday, 7 pm.
Location: Pacific Institute of Reflexology
535 W. 10th Ave, Vancouver
Free parking in the back.

*...**Northern Gateway** from p.28*

Board, it only included spill statistics from 2005 to 2009. In the insurance industry, we call this kind of selective choice of data "cherry picking."

On July 25, 2010, a little over a month after filing its application for Northern Gateway, Enbridge suffered the most significant spill in the company's history. Enbridge's Line 6B ruptured in Marshall, Michigan, releasing more than 20,000 barrels of dilbit. Toxic condensate evaporated into the air impacting the local population. Bitumen made its way into the Kalamazoo River.

Enbridge's corporate standard for identifying a spill is 10 minutes with an additional three minutes for pipeline shutdown. It took more than 17 hours for the Kalamazoo spill to be detected and the pipeline shut down. This pipeline was monitored by Enbridge "24/7." Enbridge CEO Pat Daniel testified before the US House of Representatives in September 2010. He said, "By the end of September, we will have completed the bulk of the clean up."

Twenty-three months later, with clean-up costs reaching $765 million, only three of the 39 miles of the Kalamazoo River have been opened to the public. Restoration of the affected waterway and surrounding lands has not started. The restoration stage of the Kalamazoo River will certainly take years and possibly decades. A few weeks ago [early June], the US National Transportation Safety Board released 170 documents, 5,000 pages and 58 pictures of the spill. These documents provide an arms-length, independent look at Enbridge's world-class safety standards. They explain operating safety took a back seat to corporate growth.

All it will take to ruin the Kitimat watershed system is a spill of – not 20,000 barrels of dilbit into the Kitimat River, but if the spill takes place upstream – somewhere in the neighbourhood of 600 to 650 barrels should do it.

There are more than 700 fresh waterways that Northern Gateway will traverse. The topographical and other geophysical challenges of Northern BC are significantly greater than the relatively flat land traversed by Line 6B in Michigan.

The Kalamazoo spill wasn't discovered by Enbridge in its state of the art control room, even after 17 hours of pressure problems, repeated alarms in the control room and three shift changes. No one saw the problem as a spill. Someone in Marshall who saw the oil called the control room. But here is something truly shocking. Enbridge doesn't just downplay Kalamazoo; the company behaves as if the spill never happened.

During the past two years, Enbridge has not updated any of the risk analyses filed with the National Energy Board to include the Kalamazoo spill. We need to ask – who is looking after the Canadian public interest? Mr. Harper is not. Mr. Harper is not behaving as the Prime Minister of Canada. Mr. Harper is behaving as a marketing manager for big oil.

We need to ask who is looking after BC's public interest? Premier Clark is not. As Premier she has the constitutional power to ensure Northern Gateway undergoes a provincial environmental assessment that includes the environmental threat of the designed capacity of the project—including the tanker traffic it triggers.

She has the power to ensure BC's public interest is protected, but stands back and allows it to be trampled by the Harper government. We need to be clear. Premier Clark has been asked to lie down and play dead on Northern Gateway. By agreeing to do so she has given Northern Gateway the go ahead.

Not exercising the right to a provincial environmental assessment means BC agrees to accept the National Energy Board decision. Prime Minister Harper has told us Northern Gateway will go ahead. The only way to stop this pipeline and the tanker traffic that comes with it is for BC to exercise our right to review the project and decide whether or not we want it to go ahead.

Who is looking after the pubic interest of this riding? Your MLA Christy Clark is not. As Premier, she has the power to ensure a provincial environmental assessment of the Kinder Morgan project. Yet she has not said the Kinder Morgan pipeline proposal will undergo a provincial review. As a result, Premier Clark has agreed to – what has become – a National Energy Board rubber stamp with a big yes on it.

By doing nothing, Christy Clark has made a decision for you.

She has decided the oil export strategy designed in the boardrooms of big oil take precedence over your vision of what British Columbia, as a province, and Vancouver, as a coastal city, should be.

Environmental assessment is our right. While you still have the power to keep BC's economy and environment out of harms way, take action. Tell Prime Minister Harper you've had enough of his support of large oil companies who put at risk our economy and our environment.

Tell Premier Clark to stop playing dead and stand up and protect the rights of all British Columbians. Thank-you.

Robyn Allan is an economist and the former president and CEO of ICBC (Insurance Corporation of British Columbia) www.robynallan.com. On June 16, she delivered a talk on the Northern Gateway Pipeline at a townhall meeting in Vancouver hosted by Joyce Murray, Liberal MP for Vancouver Quadra, www.joycemurray.liberal.ca The text here has been adapted from her talk. Read her entire address at www.commonground.ca

International College of Traditional Chinese Medicine of Vancouver

A Rewarding Career in Natural Health Care

Over 25 years of excellence in TCM Education

Diploma programs start September 17:

Doctor of TCM
Licensed TCMP
Licensed Acupuncturist
Licensed TCM Herbalist

Very high passing rates in CTCMA Board Exams.

Eligible for HRSDC Funding and Student Loans
We accept transfer credits

120-hour Certificate Program starts July 30:

Chinese Tui-Na Massage Program (2 months)

Accredited by PCTIA

CLINIC OPEN TO PUBLIC
Busy Teaching Clinic
Free consultation
Very Low Cost on Treatments

Professional Clinic
Dr. Henry Lu Ph.D.
Dr. Laina Ho Dr. TCM

We treat pain, gynecological disorders, allergies, arthritis, depression, other chronic conditions and much more.

FREE info sessions on programs
Thursdays 2 - 4 pm
July 12 & 26

Call 604-731-2926
info@tcmcollege.com
www.tcmcollege.com

201-1508 W. Broadway
Vancouver, BC. V6J 1W8
SOLE Campus in Vancouver, no other locations.

Events/Datebook

For rates & placements email
datebook@commonground.ca

JUL 10-14
Victoria Ska Festival presents Toots & The Maytals, Katchafire, Leroy "Heptone" Sibbles, The Pietasters and much more! Families welcome! www.victoriaskafest.ca 250-385-0051.

JUL 17
Free Talk & Open House: "After 2012 - Moving Forward into the 5th World." Hosted by the Institute of Shamanic Medicine. 7pm, Vancouver. RSVP early; space is limited: 1-877-329-8668 or info@shamanicmedicine.ca www.shamanicmedicine.ca

JUL 20-22
Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7.30 pm, $10. Course $395. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

JUL 29
J. Krishnamurti with A. Anderson. Fear: Free DVD showing, dialogue, refreshments. Vancouver Public Library downtown, 7th floor, Board Breakout Room, 2PM. Register at meetup.com, krishnamurtigroup@live.com, 604-354-1534.

AUG 1 & 2
Meet Superfood-Superherb-Superchef David Wolfe: 2 events in Vancouver. Aug. 1: 7-11pm, Heritage Hall, 3102 Main St. An evening of instruction and demonstration. Lecture: $29 online, $40/door. Workshop only: $99 online, $120/door. Lecture & workshop: $111 online, $150/door. Aug 2: Live Blender Chef event: 10-5pm, Heritage Hall, 3102 Main St. Same pricing as Aug. 1. www.consciouslivingradio.org

AUG 2-6
38th Annual Community Yoga Retreat at Saltspring Centre. Wide variety of adult classes. Children's program. Beautiful country setting. www.saltspringcentre.com

AUG 5
An evening with Yanni: Queen Elizabeth Theatre. Tickets online at ticketmaster.ca or 1-855-985-5000 or in person at all Ticketmaster outlets. www.yanni.com

AUG 11
Burnaby Blues & Roots Festival: With Indigo Girls, Jimmy Vaughan and more. Deer Lake Park. Gates open 12:30pm. Show 2-10PM. 604-205-3000, burnabybluesfestival.com

AUG 11-12
Thai Reflexology Workshop with Karen Ball – visiting from Florida. Hours: 9am – 6pm Saturday & Sunday. Course Fee: $375. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

WISHING YOU & YOUR FAMILY A HAPPY CANADA DAY.

—**Joyce Murray,** *MP for Vancouver Quadra*

OFFICE OF JOYCE MURRAY: 206 – 2112 W. Broadway | (604) 664-9220
twitter.com/joycemurray | facebook.com/mpjoycemurray
joyce.murray.c1@parl.gc.ca | Visit **joycemurray.ca** for news and updates

SEPT 11
Deva Premal & Miten with Manose in concert 7:30pm, Victoria, BC. Tickets & info 250-920-4037, fullcirclestudio.ca beyondthemindevents.com

SEPT 12
An evening with Deva Premal & Miten with Manose: 7-10pm, Massey Theatre, 735 8th Ave., New Westminster. www.consciouslivingradio.org, www.devapremalmiten.com

OCT 13
Reboot Your Life in a Single Day: With Adam Dreamhealer, Deepak Chopra, David Wolfe, Gerald Celente, Jeffery Armstrong & Karen McGregor. The PNE Forum, Vancouver. Info at www.seedevent.org

ONGOING

Brahma Kumaris Meditation Centre: Relax in an atmosphere of peace while learning benefits of Raja Yoga meditation and wisdom of ancient spiritual knowledge. Created with love offered without charge. Please call 604-436-4795 for booking and information. www.bkwsu.org/canada

Experience Divine Healing Hands with Dr. and Master Zhi Gang Sha, world renowned Soul Healer, Inspired teacher, Divine Channel and Master GK Khoe and Master Peter Hudoba. 604-336-4833. Dates & details at www.LovePeaceHarmonyVancouver.com

HU, A Love Song to God: Experience, free, a Community HU. 1st Friday: 8PM, 333 Chesterfield, North Vancouver and at 15996 84th, Surrey. 1st Tuesday: 7:30PM, 6550 Bonsor, Burnaby. www.eckankar-bc.ca

Solve Life's Problems With Ease. Feel instant relief from energetic blocks preventing you from achieving total health and vitality. Free demos Vancouver & Victoria August & September. Info at www.crystalinevision.com colette@crystalinvevision.com

SUNDAYS
Centre for Spiritual Living: Join us every Sunday @ 11 AM for practical spirituality with great music. Meditation: 10:15 AM. 1880 Triumph Street, Suite 8 (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.com

SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

TUESDAYS
Reflexology Student Clinic 6–10pm. One- hour sessions $20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

Classified

EDUCATION

BACH FLOWER COURSES: Experience the remedies first hand and incorporate them into your daily life. Contact Sarah Brune. www.bachflowerscanada.com, 250-331-3228.

HEALTH

ADNC NEUROFEEDBACK CENTRE: Summer training program July-August 2012. Learn Biofeedback & Neuroplasticity. Improve medical conditions to relieve headaches, ADHD, anxiety, addictions, pain. 604-730-9600, www.neurofeedbackclinic.ca

HEALTH PRODUCTS

RAW, LIVING, PH-BALANCED SUPERFOODS. E3Live. Bio Anti-Oxidant Alkaline Cera Water Systems. Calm Forte. Dragon Herbs. Heaven Mountain Goji Berries. Miracle-Cure Life Enhancement. Health Expert Katherine. 604-266-LIVE (5483).

MASSAGE

THERAPEUTIC MASSAGE & COACHING: Relax, unwind, get a fresh perspective. Massage, Reflexology, Coaching/Counseling, GNM, Quantum Biofeedback. 20 Years Experience. Darlene, 604-731-7537.

QUICK RESULTS

ANXIETY, DEPRESSION, FEARS, WEIGHT LOSS, pain, stress, childhood/relationship issues, etc. Kathy Manji, Hypnotherapist, Counselor, Healer. 604-515-1667. khatun.manji@yahoo.ca

RETREATS

IF YOU HAD CANCER… WHICH HEALING METHOD Would You Choose? For one option, go to www.CayoAlternativeResort.com or call 250-713-5622.

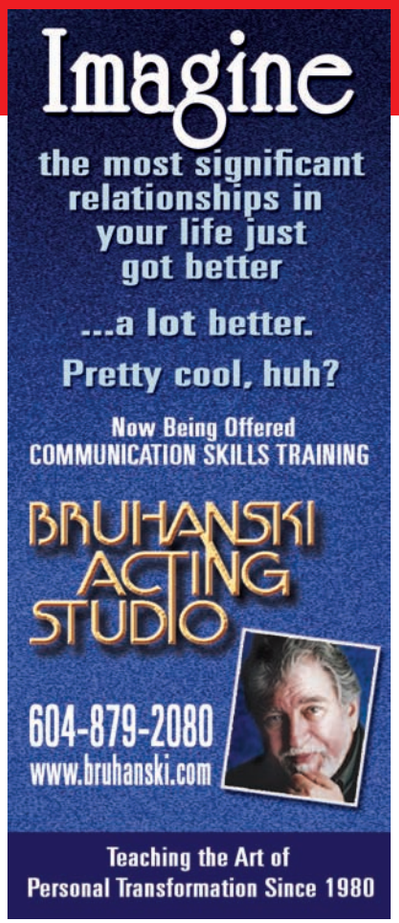
REJUVENATE IN MEXICO – HIDDEN JEWEL of Mexico: Puerto Escondido, Oaxaca B&B. Personalized Service. Individuals and couples. Massage, life coaching, tours, private transportation. www.SpiritualRetreatMexico.com

ROOMS FOR RENT

OFFICE/CONSULTING/HEALING ROOM for rent in Natural Healing Centre near Broadway/ Cambie Skytrain station. Very reasonable rent, full-time or part-time. Pacific Institute of Reflexology. (604) 875-8818.

SHAMANIC LIFE COACHING

BREAK FREE FROM SELF-SABOTAGE & DISCOVER DEFEATING PATTERNS your conscious mind cannot uncover through shamanic tools and healing techniques: Trance Drum journeys, Mayan Book of Life Tarot readings, crystal & vibrational healing, karma releasing. Email: sonyaweir@uniserve.com or call 778-227-2939. www.eaglefireshamaniccoaching.com



Vital Health Superfood

#1 of 17 Secrets of My Supernatural Success...

I feel great at 52, you can too! Buy the World's first and only frozen Algae Nutrient Dense AquaBotanical - E3 Live BrainON $60
Katherine (604) 266- 5483 (LIVE)
RawsomeChef.com

NON-TOXIC DRYCLEANING

helpinghand CLEANERS

Water-based cleaning
No perchloroethylene

4050 Cambie St @ 25th
www.helpinghandcleaners.com
for cleaning pickup call:
604-876-5399
steps away from King Edward Skytrain Stn!

Something old, something new

Michelle Williams and Luke Kirby in *Take This Waltz*

Love, sex, fidelity and relationships – this is the stuff of Toronto-set *Take This Waltz*, a bittersweet, sensuous romance from actress-director Sarah Polley. The story is a dance of desire and will, as sweet, 28-year-old copywriter Margot (versatile performance by Michelle Williams) is torn between her love for her husband Lou (a bearish Seth Rogen) and a developing attraction for her flirtatious artist neighbour Daniel (the sunny Luke Kirby).

"New things get old," remarks one of the characters in a naked shower scene – a lingering shot of female bods across the generations making the point more stark. While this salutary warning on relationships is impending throughout, Polley also seduces with soft sensuality, from the opening scene of baking cupcakes barefoot, to a writhing underwater dance between two lovers in a pool.

Some of the dialogue – particularly the intimate husband-and-wife banter – takes time to grow on you. It took a long time to believe Lou and Margot were ever in love, for instance, but there's lots of fodder here for lively, post-film discussion, plus a great scene on a waltzer ride to The Buggles' *Video Killed the Radio Star*.

Director Jonathan Demme is perhaps best known for *The Silence of the Lambs*, *Philadelphia*, *Stop Making Sense* and Neil Young concert films. Demme's third documentary about the grizzled rocker, *Neil Young Journeys*, captures the last two nights of Young's *Le Noise* world tour at Toronto's Massey Hall.

The film, opening July 13, features classics such as *Ohio* and *Hey Hey, My My* as well as previously unreleased work like *Leia* and *You Never Call*. Demme intercuts on-stage performances with Young's own musings on his life and upbringing, as he drives from his hometown of Omemee, Ontario to downtown Toronto.

Following his success with *Midnight in Paris* (see review in June 2011 edition), Woody Allen takes another European jaunt in *To Rome With Love* (opening July 6). A cast of US and local stars set down in the Italian capital for a series of romantic escapades. Allen himself appears on screen in one of the collection of stories, as does Alec Baldwin, Roberto Benigni, Penélope Cruz, Judy Davis, Jesse Eisenberg, Greta Gerwig and Ellen Page. The Canadian publicist asked media not to post reviews before the movie comes out, which is rarely a good sign, not to mention fairly pointless in the internet age. But early reviews suggest a frivolous, enjoyable movie that is typical Allen, although not his best.

Robert Alstead writes at www.2020Vancouver.com

ShowMAX
EVENT SERVICES
"Your One Stop Event Production Service"

Proud Sponsor of audio, stage & roof system
for
Walk for Peace

info@showmaxevents.com
604-639-4629

Thank you Vancouver

for making the Walk for Peace 30th anniversary such a wonderful experience!

Let's continue to build the Walk for Peace into a powerful, growing peace festival!

Here's how you can help

Tell us how the Walk for Peace has inspired you? What did you enjoy most? Share your photos and stories from Walk for Peace with Common Ground. Send them to live@commonground.ca or by regular mail.

Did you know that it costs more to hold the Walk for Peace in the parks and streets than to rent the Queen Elizabeth and Orpheum Theatres combined?

Please donate to Walk For Peace to help us cover costs (stage, policing, toilets, etc.) Send your donation to Walk for Peace c/o Common Ground or visit www.walkforpeacevancouver.org to make an online donation, or call 604-733-2215, or do it now by scanning the QR code with your Smartphone.
(Suggested donation: $10, $20, $50 or more).

Thank you so much for being a partner in peace!

GENUINE HEALTH | *it shows*

activfuel+ is an all-natural sports nutrition supplement specifically designed to fuel your body - both before and during your workout. With dosing tailored to your intensity, **activfuel+** increases energy, improves performance and stamina while relieving fatigue. It also works to decrease physical stress and damage to the body, for faster recovery time.

Containing only safe, natural, and research proven ingredients, and without artificial flavours, sweeteners or preservatives, **activfuel+** is a convenient, great tasting addition to your workout – It's your body and your workout, fuel it your way.

Visit us at genuinehealth.com